



Royal Selangor Club

NOTICE

PHYSIOTHERAPY CENTRE

We are pleased to advise our members that a Physiotherapy Centre will be opening at our Kiara Annexe from 19 March 2018. It will be located at LG level of the building. The entrance will be through the Gym.

Please find attached a write up about the treatments they provide. Please book your sessions directly with them on the phone numbers indicated.

Dear Esteemed Club Members,

We are proud to announce that commencing March 2018, there will be physiotherapy treatments available in RSC.

We are not your average physiotherapists that just use ultrasound machines and hot packs to provide short term pain relief. What you can expect is a very critical evaluation of your body's current **POSITION**, **POSTURE** and **PATTERN** of movement that may be affecting the way you move.

IMPROPER movement PATTERNS can lead to these **detrimental** consequences:

- ▶ Limit your ability to shift evenly between both left and right leg leading to risk of muscle and joint injuries
- ▶ Back tightness
- ▶ Shin splints
- ▶ Plantar fasciitis
- ▶ Chest wall tightness
- ▶ Increased shortness of breath and decreased VO2 max (decreased efficiency to utilize oxygen as you exercise)

Over here at **PhysioABLE**, we will focus on activities that will **rebalance** your body, **retrain** underactive muscles and **rewire** your neuromuscular system to a **more robust** state that will bring about these benefits:

- ▶ Improved ability to use trunk and hip muscles evenly
- ▶ Improved endurance
- ▶ Improved speed
- ▶ Limit nagging injuries

Come meet up with our dedicated physiotherapists at lower ground level, next to the gym. Appointments are by booking only first come first serve basis. Please call +6016-2333183 (Physio Tracy) or +6017-6677652 (Physio Val) to book your treatment slot.