



ACTIVE AGEING GROUP



- Helping seniors regain strength, balance, and independence through personalized physiotherapy care.

**Take the
first step**

towards a
healthier you.

Contact Us

**Schedule your
consultation today!**



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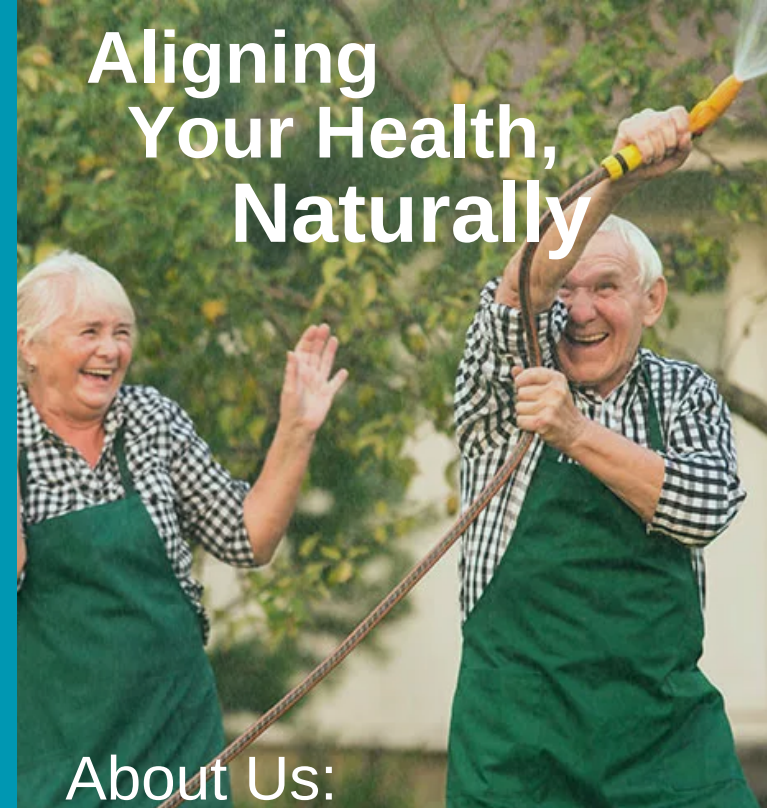


www.activehealthportland.com.au



148-150 Percy Street, Portland VIC
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**Aligning
Your Health,
Naturally**



About Us:

Dedicated to Senior Health & Mobility

At Active Health Group, we understand the unique challenges that aging brings to physical health.

Our expert geriatric physiotherapists provide compassionate, evidence-based care focused on improving mobility, reducing pain, and enhancing quality of life.

Our goal is to empower older adults to stay active and independent through personalized therapy plans tailored to their specific health needs and lifestyle goals.

Our Geriatric Physiotherapy Services

- **Comprehensive Mobility Assessments:** Detailed evaluation of movement, strength, and balance.
- **Balance & Fall Prevention:** Customized exercises to improve stability and reduce fall risk.
- **Strength & Flexibility Training:** Targeted programs to build muscle strength and joint flexibility.
- **Pain Management & Rehabilitation:** Techniques to relieve chronic pain and aid recovery from injuries.
- **Post-Surgical & Post-Hospital Care:** Guided rehabilitation to regain function and confidence.
- **Gait & Movement Analysis:** Assessment and correction of walking patterns to prevent injury.

Improved Mobility and Flexibility

Enhanced Overall Wellness

Social Support

Why Choose Active Health Group?

- Experienced Geriatric Physiotherapist: Skilled in senior-specific therapies and techniques.
- Personalized Care Plans: Therapy tailored to your individual goals and medical history.
- Evidence-Based Practice: Using the latest research and proven methods for best outcomes.
- Holistic Approach: Addressing physical, emotional, and social aspects of health.
- Support for Families & Caregivers: Education and guidance to assist with ongoing care.
- Convenient Location & Flexible Scheduling: We work around your lifestyle and needs.

Patient Success Stories

"After my hip surgery, the physiotherapy team helped me walk again without pain. Their support gave me back my confidence."
— Helen S.

"The Active Ageing Group program has made a real difference for my father. He feels safer and stronger every day."
— Michael P.

