

## Fortius Medical Exercise Programs

If you suffer from a permanent ailment or you are getting over illness, injury or surgery, ensure that exercise is a key part of your life.

Personally tailored medical exercise programs assist with recovery or help you to cope with health limitations. They consider all your personal and medical aspects and are carefully monitored to ensure there is no risk of exacerbating the medical problem.

Here are just some of the conditions that respond well to medical exercise programs:

- Achilles tendon rupture
- Ankle sprain
- Arthritis
- Cancer
- Carpel Tunnel Syndrome
- Diabetes
- Dislocation
- Hip replacement
- Knee replacement
- Multiple Sclerosis
- Parkinson's Disease
- Osteoarthritis
- Osteoporosis
- Spinal fusion
- Shoulder replacement