



East Gosford  
Physiotherapy  
& Exercise  
Physiology

## STRONG SURVIVORS WORKS IN 3 PHASES

### 1. PREHAB PHASE

- To get you strong & fit before treatment

### 2. POST TREATMENT PHASE

- To deal with musculaskeletal problems & help you recover from treatment or surgery



**STRONG SURVIVORS**  
CANCER REHABILITATION

### 3. STRONG SURVIVOR PHASE

- Physio & Exercise Physiology to help you restore strength & mobility, manage fatigue & slowly resume Exercise After Cancer Treatment in a safe and effective way



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