



East Gosford
Physiotherapy
& Exercise Physiology



Gosford Oncology
Physio
& Lymphoedema

Leg Swelling Physio Program *in East Gosford*



Compression

- Garments
- Compression wraps
- Personalized fitting
- Pumps available
- ENABLE - NSW Govt. financial assistance for garments available



Exercise

- Improve calf muscle pump
- Enhance circulation
- Improve balance, strength and gait
- Over 50's group exercise available - Keep Moving classes



STRONG SURVIVORS
CANCER REHABILITATION
& Lymphoedema
Management



Self- Management

- Practical strategies to self help and reduce swelling at home
- Help with garment application
- Help with wound and ulcer healing



Massage & Hands On Physiotherapy

- Leg Swelling and lymphoedema massage with Accredited Lymphoedema Physios
- Ankle and foot mobilisation
- Laser treatment



Ph: 43237499

**Practical easy to follow solutions
for leg swelling and ulcer
management with physio guidance**

Is this program for me?

✓ Do you have swollen legs which are painful?

✓ Do you have an ulcer proving difficulty to heal?

✓ Do you have varicose veins?

✓ Do you have Lymphoedema or Lipoedema?

✓ Are you looking for safe exercises to help your swollen legs, or looking at a safe over 50's Exercise Class?

*** If you answer Yes to any of these questions
Then this program is for you!**



East Gosford Physiotherapy
24 Brougham Street East Gosford

**Gosford Oncology Physio &
Lymphoedema**

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www.eastgosfordphysio.com.au



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**Australasian
Lymphology
Association**