



Tuxedo Physiotherapy

***Knee & Hip Rehab Exercise Class
4 Part Interactive Webinar Series
Wednesday from 11am-11:45am***

June 3rd to June 24th

**Webinar Sessions Taught by
Physiotherapist at Tuxedo Physiotherapy**

This class is ideal for:

- * Individuals with knee or hip osteoarthritis**
- * Pre-operative or post-operative knee or hip surgeries**
- * Individuals with significant knee or hip pain**

\$38 for 4 week session or \$10 for one class

New patients are required to complete 30 minute physiotherapy assessment before joining the class. The cost for the 30 minute virtual assessment is \$60. Most extended health insurance plans accept virtual physiotherapy.

You will need chair, hand towel or resistance band for exercise sessions.

Email tuxedophysio@gmail.com or call (204) 885-1109 to register.

Participants will be sent invoice and login in link to each session.

Space is limited to 8 participants per class