

Most Patients at TRP will use some form of strengthening equipment during their rehabilitation process.

Workcover and CTP gym programs are performed at the gym at TRP Physiotherapy or at the extensive gym at fitness number 1 smithfield.

Often after a Whiplash injury suffered from a car accident, patients will require extensive rehab using this equipment to help stabilise the muscles and joints in the cervical and lumbar spine.

There is also a 3 stage protocol for patients with lower back pain that helps step patients through their goals.