

Make your best move yet.



Silvia had poor balance and flexibility
but now she's turned fragile to agile.





Silvia is a retiree in her early 70s, and a doting nana to her beloved grandson, Hugo. She loves nothing more than spending every minute she can with him. Silvia knows she's got to be in tip-top shape to keep up with the energy of a toddler, so she's started seeing a physio to improve her fitness, flexibility, strength and balance.

With regular visits to her physio and an appropriate exercise program, her balance and mobility have made leaps and bounds, and her arthritis has also improved with the prescribed strengthening and hydrotherapy exercises.



Keep doing the things you love as you age.
Make your best move yet with an APA physio.
Scan the QR code to check out Silvia's story.

