



**Make
your best
move yet.**

**Silvia has arthritis but now
she can take on any move.**





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. For most of Silvia's adult life, arthritis has restricted her from doing the things she loves most.

Since increasing her mobility and strength with an APA physio, Silvia's not only managing her arthritis pain, but now she can manoeuvre around the nursery like child's play.



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.

