



Make your best move yet.

Tim had a knee injury but now
he's busting out all the moves.





Tim is a 31-year-old IT manager living with two of his best mates. He's super sociable, always the one to start the Mexican wave and has a ripper sense of humour. Tim's friends definitely wouldn't consider him a 'dance floor' guy, but when his song plays, he can't help but get into the groove.

Last month, Tim injured his knee playing basketball. It took a week before he was able to weight-bear and for the inflammation to subside, but regular physio visits and an at-home rehab program by his physio has helped him regain strength and mobility, so he can dance like no one's watching!



Need help recovering from an injury?
Make your best move yet with an APA physio.
Scan the QR code to check out Tim's story.

