

FIRST STEP

# Initial Assessment with an Oncology Physio.

Understand your needs. Access the right support.



TIER ONE

## Individualised Programmes

1:1 targeted rehabilitation for specific impairments and challenges.



Strength, mobility, return to function, reducing pain & fatigue.

TIER TWO

## Small Group Programmes

Specialised classes designed to improve fitness, strength, and stamina.



Targeted, Next Steps, PaddleOn, and Online options.

TIER THREE

## Community Based Support

Supports long-term recovery and community reintegration.



Return to fitness-based classes, Pilates, gym, sport, or walking groups.

Your physio will guide you each step of the way.