

Program Options

Choose Your Program:

Comprehensive – Diamond Level

13 weeks = 26 visits. 2 sessions/week.
(Most Popular, Most Effective)

The Trial

7 weeks = 14 visits

Option of Extension if more time required, especially for continued improvement.

The Trial Extension Extra 6-week block (Week 7-12) available to those who completed the 7-week Trial.

All sessions are with qualified and trained physiotherapists. Reduced rates apply. Health fund rebates may apply (depends on your fund).



Find Out More

Your first step is a brief phone call with Brett to determine if a Knee Assessment is worthwhile for you.

If Brett determines that this program will produce good results, an appointment for the Knee Assessment will be made. A special rate will be applied (+ may be claimable from your private health if applicable).

The Assessment will involve thorough testing and review of not just your knees, but of the groups of joints, bones, sinews, nerves and muscles that include your hips, back, neck and ankles.

This program is achieving great successes because it works not only with improving and strengthening your knee but also the joints above and below. This is essential, and possibly why previous treatments may have not worked well for you.

**Call Reception on 4728 2116
to arrange your phone
meeting with
Brett Cunningham**



KNEE REHAB PROGRAM

Take Control of Your Knee Pain

- Is knee pain limiting your daily life?
- Are simple tasks more challenging?
- Struggling with walking, stairs, or sports? Or sleeping?

You're not alone. This program can help.



Unique & Tailored Knee Program

Research has proven that improving knee strength and support, has positive effects, including pain reduction and improved function.

Careful and precise strengthening of your quadriceps and related muscles – while completely avoiding irritation and pain – often produces truly excellent results and relief!

Reduced Pain **AND** Increased Stability

Enhanced walking, stairs, hobbies, sports and activities with grandkids. Greater strength leads to less inflammation and pain, better stability and less need for medications.

- **Increased Strength**
- **Reduction in Pain & Inflammation**
- **Improved Balance & Mobility**
- **Better Endurance**
- **Potential Medication Reduction**



Brett Cunningham

Director, Consultant Physiotherapist

Developer of the unique Cunningham Knee Recovery Program at Physio On Ross in Townsville

For Conditions Including:

In Adults:

- Chondromalacia patellar
- Meniscal tears & degeneration
- Ligament Instability
- Degeneration
- Osteoarthritic or osteoporotic
- Past Surgical joint replacement
- Arthroscopes
- Patellofemoral tracking/kneecap
- Biomechanical & degenerative concerns
- Tendinitis– including quadriceps, hamstring
- Pes anserinus
- Others

Research Shows That Improved Strength Can Help Knee Function, Plus Reduce Inflammation and Pain.



From Beth:

"I am now walking normally. I walk down stairs normally, with one leg after the other instead of one stair at a time."

"My balance is vastly improved, and I feel confident letting my gammy knee lead the way!"

About The Knee Program

Who is this program for?

- Those with knee pain, weakness, instability and inflammation that is affecting their lives.
- Waiting for surgery or unsuitable for surgery or previously had surgery with sub-optimal results.
- Want to increase strength and stability before surgery as this can improve surgical outcomes.

What Is the Program?

It is a specific, individualised, fully customized physio-supervised program that carefully matches a strengthening program to YOUR levels.

Specifically the protocol ensures:

- No exercise or session is to irritate symptoms or worsen pain. Supervision means not exceeding capability which would reverse progress.
- Training protocols are constantly reviewed exercises and altered to suit your progress, not to a preset schedule.
- Improvements are achieved not only in your knee, but the adjacent body areas as this is essential for stability, balance and avoiding future adaptation injuries.
- Measurement and recording of progress at milestone stages