

PHYSIOFIXES

EVIDENCE BASED REHABILITATION PROTOCOLS YOU CAN TRUST!

PATIENT INFORMATION:

PHYSICIAN INFORMATION

DIAGNOSIS

Foot/Ankle

- ☐ Achilles Tendinopathy
- ☐ Tibialis Posterior Tendinopathy
- ☐ Plantar Fasciitis
- ☐ Lateral Ankle Sprain

Knee

- ☐ Patellofemoral Pain Syndrome
- ☐ Knee Osteoarthritis
- ☐ Ligament/Meniscal Pathology

Hip

- ☐ Greater Trochanteric Pain Syndrome
- ☐ Hip Osteoarthritis
- ☐ Femoral Acetabular Impingement
- ☐ Hip Labral Pathology

Shoulder

- ☐ Rotator Cuff Tendinopathy
- ☐ Shoulder Instability

Elbow

- ☐ Lateral Epicondylalgia/Tennis Elbow
- ☐ Medial Epicondylalgia/Golfers Elbow

Wrist/Hand

- ☐ Carpal Tunnel

Spine

- ☐ Neck Pain (Stability/Strengthening /Posture)
- ☐ Back Pain (Stability/Strengthening/Posture)

Physio Fixes is an online platform containing evidence-based exercise protocols used to rehabilitate common injuries. Exercises are taught by video, showing you how to do the exercise properly with guidelines on how much/when to perform. Also containing other tips/tools for success, we aim to be an economical, trustworthy source of information along your recovery.