



**Don't Ignore That Ache!**

Struggling to lift your bag, reach a high shelf, or sleep on your side without pain? It could be shoulder impingement syndrome — and no, it's not just "getting older."

Physiotherapists are movement experts who can help relieve pain, restore mobility, and prevent long-term damage. Using targeted assessment, optimal loading and individualised rehab, we guide you back to pain-free movement.

You don't have to live with it. Early physiotherapy = faster recovery and better results.  
Book an assessment today!

Watch now: [Click here](#)

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