



PhysioBiz - September 2025 - Healthy ageing starts with movement!



Physiotherapy's role

Physiotherapists play an important role in healthy ageing at every stage of life. From helping children build strong movement foundations to guiding adults in maintaining fitness, to supporting older people in preventing falls and managing chronic conditions, physiotherapists are movement experts. We design safe, effective exercise programmes, provide rehabilitation when needed, and empower people to live fuller, healthier lives at any age.

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In the September edition of PhysioBiz, we explore how physiotherapy supports strength, balance and independence as we grow older.

To view – [click here](#)

Your health is your most valuable resource. Let physiotherapy help you protect it.