

# Exercise and rehab classes

ctchealthcare's health professionals understand the benefits of exercise for the **prevention** and **rehabilitation** of injuries.

In order to prevent recurrence of injury, ctchealthcare run **weekly classes** to help our patients **regain, maintain** and **improve** the strength of their 'core' **muscles** and the muscles affected during their injury.

We also work with companies to help improve the **wellbeing of staff** through **on-site exercise classes**.

**OUR CLINICS:** Crewe • Nantwich • Congleton • Stoke • Stafford

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