

Shoulder Pain?



This class is for you!

Rotator Cuff Shoulder (RCS) Class

The RCS Class is a 12-week, evidence-based education and group exercise program for patients with rotator cuff related pain. In this class, you will learn about your shoulder and how to improve its function through a series of progressive exercises.

Where: REP Physio Westbrook

When: Tuesdays 11 am to 12 pm
from May 7 to July 23, 2024

Who: Max of 6 participants

Instructor: Judy Chepeha, PT, PhD

Cost: \$37.50 per class (billable to extended health plans).

Initial assessment required for class eligibility.

Sign up now

Call us! 780-244-1095

Visit our clinic: REP Physio

See our website: www.repphysio.ca

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