



REALIGN PHYSIOTHERAPY

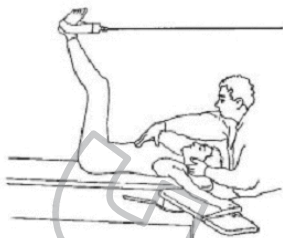
Global Postural Re-education

Did you know that up to 80% of Australians will experience back pain at some point in their lives and those 10% will experience significant disability as a result?

Reeducation Posturale Globale (RPG®) or GPR is an innovative method of postural correction developed by the French Physiotherapist Phillippe Souchard. It has been practiced for over 30 years by qualified physiotherapists in different parts of the globe.

During the first appointment, the patient has their posture, symptoms and muscular retractions thoroughly assessed followed by an initial GPR treatment.

GPR uses manual therapy along with progressive sustained stretch to promote joint decompression and body realignment. The patient's active participation improves self-awareness of body image and muscular strengthening leading to long-lasting structural changes.



GPR Indications

- Back pain
- Neck pain
- Sciatica
- Chronic pain
- Muscle stiffness
- Postural deviations
 - Scoliosis
- Sacroiliac dysfunction
- Disc protusion/herniation



Realign Physiotherapy

GPR
Dry Needling
Pain management
Soft tissue injury
Workcover
CTP

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