



**Living Well**  
**North Tyneside**  
Supporting Health and Wellbeing

## Longsands Rehabilitation

**Home Visit Physiotherapy:** Our Chartered Physiotherapists provide high quality physiotherapy assessments, treatment and rehabilitation in the comfort of your own home. This is ideal when you find it hard to get out, or after a hospital admission, operation, injury. We can also help you manage your long term conditions such as regular falls, arthritis, reduced balance, reduced mobility, parkinson's, stroke. Please contact us to discuss how we can meet your rehabilitation needs.

**PhysioFit:** Weekly physiotherapy-led exercise classes in Tynemouth for active individuals, to improve strength, balance, and fitness.

**Parkinson's PhysioFit:** Weekly intensive physiotherapy-led exercise class in Tynemouth for active individuals with Parkinson's

**Tai Chi for Health:** Weekly Tai Chi classes in Tynemouth and Cullercoats for all abilities

\*\*\*There is a charge for these services, please visit the website for more details

<https://www.longsandsrehabilitation.co.uk>



07726 118801



[physio@longsandsrehab.co.uk](mailto:physio@longsandsrehab.co.uk)



Physiotherapy assessments and treatment are carried out in the patients own home.



[www.longsandsrehabilitation.co.uk](http://www.longsandsrehabilitation.co.uk)



@LongsandsRehabilitation



Last Updated - 28th March 2023

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## Services

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Home Visit Physiotherapy

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## Events

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No Events

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## Activities

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Parkinson's PhysioFit Exercise Class

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Tai Chi for Health

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