



POWERED BY
omilon[®]



100% Health Program

- Physiotherapy
- Exercise Physiology
- Medical Exercise
- Nutrition

Improve overall quality of life with a comprehensive and cost effective Allied Health Lifestyle Program

100% Health Program

Functional Health has designed it's Continued Lifestyle Program to allow Australians access to fully supervised safe and effective exercise, strengthening and rehabilitation. The Program is designed to provide clients with the expertise and facilities they need to live a long, healthy, pain free lifestyle, without the financial burden that often comes with Allied Health Treatment. From the moment you walk through the door at Functional Health, our team of experienced allied health professionals will go above and beyond to ensure you achieve your goals.

Program Benefits:

- Increase Bone Density
- Improve Overall Strength
- Enhance Fitness
- Lose Excess Fat
- Decrease or Eliminate Pain
- Reduce the risk of injury

Contact us

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Objective Testing

- Strength and range of motion
- Cardiovascular capacity
- Balance and mobility
- Bone density measurement



Independent Eccentric Loading

- Increased muscle strength
- Enhanced recovery
- Elevated metabolic rate
- Improved bone density



Real Time Visual Feedback

- Detailed reporting
- Progression analysis
- User friendly smart phone application
- Accurate personalised program



The Milon experience

The Milon equipment safely tests, restores and evaluates muscular and joint function. The complex engineering and reporting software enables the Milon equipment to highlight areas of weakness, to better provide accurate feedback and information regarding your rehabilitation process. The Milon system is internationally recognised as one of the most effective ways to increase muscular strength, cardiovascular health and bone density, resulting in an overall improved quality of life.

To book an appointment with our specialists
or to find out more, visit www.FunctionalHealth.com.au