tarryn grunewald biokineticist

ba (hons) biokinetics • reg. no.: bk 0017787

cell: 082 603 1113 e-mail: trgrunewald@gmail.com

546 douglas scholtz street, constantia park, pretoria

sun valley physiotherapy & wellness, 33a trotting close, sun valley, kyalami

individualised assessment & exercise prescription for:

weight loss

chronic disease

neuromuscular disorders

orthopaedic rehabilitation

improved sporting performance

modalities of exercise & physical rehabilitation:

strength training & conditioning

cardiovascular conditioning

flexibility training

core stabilization

sports massage

specialised bike setup

@ sun valley physiotherapy & wellness (www.garricvosloo.co.za)