

CR  
Cramond  
RESIDENCE

Edinburgh's Finest Care Home

*Next Steps*

## Come and see for yourself

We offer tours of the Residence where you can come and meet our team, see our rooms and facilities, and talk to us about you or your loved one's needs. During the tour we'll answer any questions you might have about our physiotherapy package and any of our other services.

To book a visit use the contact details below.

 0131 341 4037

 [cramondresidence.co.uk](http://cramondresidence.co.uk)

 Cramond Residence



*Service Information*

## Physiotherapy



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*You can also find us at*

 [carehome.co.uk](http://carehome.co.uk)

*Physiotherapy offered in partnership with*

  
**BALANCED**  
BE BETTER

We provide an all-inclusive package of physiotherapy treatments and exercises in partnership with Balanced, Edinburgh.

We offer all residents an initial assessment, which enables us to tailor the best approach for each person. After this, all residents enjoy 45 minutes of private physiotherapy and one group exercise session per week. All the sessions focus on promoting mobility and flexibility and address any aches and pains the residents may have.



#### *Key Benefits*

## Enhancing wellness for all

Our physiotherapy package helps residents to be more healthy, active and independent and lets them enjoy the fun of doing exercises in a group environment. The weekly sessions boost general wellbeing and help residents feel more confident and ready to try new things.

Physiotherapy and exercise bring a whole range of health benefits including enhancing fitness, movement and balance. Physiotherapy can really help improve the progression of conditions such as dementia. It is also a vital part of post-operative care (and is part of our post-operative care package).

### A great team and a bespoke approach

Our link-up with Balanced means that we can offer a full range of physiotherapy exercises and treatments, these are tailored to all capabilities and are effective and fun.

### The best physiotherapy team in Edinburgh

Balanced Edinburgh is the city's premier physiotherapy providers. The team has expertise in all key treatments, including post-operative rehab and the prevention of falls.

### Specialised in-house facilities

We have a dedicated gym that has been specially designed and equipped for the needs of older people. We also have a dedicated physiotherapy treatment room.