



## WELCOME TO THE STEEL PROGRAM

Thank you very much for registering for the [STEEL Cancer Rehabilitation Program](#). The program is delivered by certified [STEEL Physiotherapists](#) and provides a full range of services designed to care, support and guide women through every stage of their treatment and recovery.

Your [STEEL Physiotherapist](#) will work with you to create a rehabilitation program to suit your stage of recovery. The sessions can include; manual physiotherapy, graduated resistance training, individualised clinical pilates, fatigue management and exercise prescription.

These sessions can help you:

- Optimise your physical and functional recovery
- Ease pain and muscular tension
- Regain strength, flexibility and confidence in your body
- Improve your core strength and posture
- Learn exercises to enhance your own recovery after surgery and prevent long term problems
- Increase energy levels and improve your general fitness
- Achieve your own fitness goals with an individualised, safe training program
- Progress into exercise classes at your local clinic or gym

Our team is here to support, motivate and encourage you, while offering the best care and professional advice. At any time you can call your local clinic or email [info@pincandsteel.com](mailto:info@pincandsteel.com). We would love to hear from you and help you out with any queries you have. You can also find more information on our website [www.pincandsteel.com](http://www.pincandsteel.com)

Please refer to the [PINC and STEEL Certified Physiotherapist](#) list for details on your nearest clinic. Phone your local clinic to book your initial appointment. *Kindly arrive 10 minutes early to the initial consultation with your STEEL Physiotherapist as we will require you to fill out some documentation. Please remember to wear clothing you can move in comfortably.*

All the best with your recovery.

Kind regards

A handwritten signature in black ink, appearing to read 'LJ'.

Lou James  
Founder and Director  
PINC and STEEL Cancer Rehabilitation Programs