

**Fitness 50/50 participants – just present your card for this discount**  
**Starter package for Personal training Includes:**  
**1 Assessment and 3 Personal Training Sessions for \$89 (Regular Price = \$125)**

# STEELCITY

PHYSIOTHERAPY & WELLNESS CENTRE

**145 Main Street, Selkirk**

**204-785-2888**

**physio@steelcityphysio.ca**

- **Aquatic Therapy Pool**
- **1000 square foot workout area**
- **11 treatment rooms**
- **2 massage rooms**

#### **OTHER SERVICES WE PROVIDE:**

- Physiotherapy
- Athletic Therapy
- Massage Therapy
- Aquatic Therapy
- Acupuncture
- Bracing and Splinting
- Custom Foot Orthotics
- Functional Capacity Evaluations
- Intramuscular Needling (GTT)
- Kinesio Taping
- Low Intensity Laser Therapy
- Occupational Therapy
- Semi-Private Training
- Work and Functional Conditioning

