



ALLCARE
PHYSIOTHERAPY



ONERO[®]

Demonstrated to improve bone density & prevent fractures

What is ONERO[®]?

ONERO[®] is a supervised, high-intensity resistance and impact training program. It is designed to improve bone health, muscle function, balance, and reduce the risk for osteoporotic fracture in people with low bone density.

Getting started

01 Initial Assessment

Book a 45-minute assessment with one of our accredited clinicians to evaluate your bone health and movement.

02 Your Personal Program

A 30-minute follow-up review establishes your personalised weights program. GP medical clearance is also recommended.

03 Begin & Progress

Join supervised group sessions and watch your strength, posture, and confidence measurably improve over 12 months.

Is it right for you?

ONERO[®] is suitable for people who:

- Have been diagnosed with osteoporosis or osteopenia
- Have increased risk of falls or fractures?
- Want to maintain or improve their bone health?

What to expect

- Small classes, fully supervised by accredited clinicians
- Exercises are monitored, modified where required, and progressed over time for each participant
- Balance training to reduce risk of falls

We provide a flexible weekly timetable to suit your schedule

Book your assessment & classes online

 68 Sandy Bay Rd, Battery Point TAS 7004

 (03) 6224 9777  info@allcarephysio.com.au

allcarephysio.com.au



Class Timetable

MON

TUE

WED

THUR

FRI

am

7:30am		7:30am		7:30am
8:30am	8:30am			
9:30am	9:30am	9:30am	9:30am	9:30am
10:30am	10:30am	10:30am	10:30am	10:30am
11:30am	11:30am		11:30am	

pm

	1:00pm		1:00pm	
2:00pm			2:00pm	
3:00pm	3:00pm	3:00pm	3:00pm	3:00pm
			4:00pm	4:00pm