



OPTIMA
Animal Physio

Canine Fitness & Well-Being

At Optima Animal Physio, we are deeply passionate about dog fitness and overall well-being. We believe baseline fitness is essential for all dogs, especially those involved in dog sports. Fitness should be fun and accessible to all dogs, regardless of age, fitness level, ability, or strength.



Katrinka Geelen

BHSC (OT) CERT VN BHSC (PT) PG DIP (VET PT) MSC (VET PT)

Katrinka has a special interest in postoperative rehabilitation of animals following orthopaedic and spinal surgery, as well as performance dogs and horses, and beloved family pets.

Katrinka is passionate about animal physiotherapy and its unique complement to veterinary medicine, and thrives in helping patients return to their optimal function and performance.



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Class Information

Group Classes

Duration: 6-week block attendance

Time Investment: 45-minute classes

Class Size: 3-4 dogs per class

Cost: \$480 AUD (includes an initial physiotherapy assessment)

One-on-One

Duration: 6-week block attendance

Time Investment: 45-minute classes

Class Size: 1 on 1

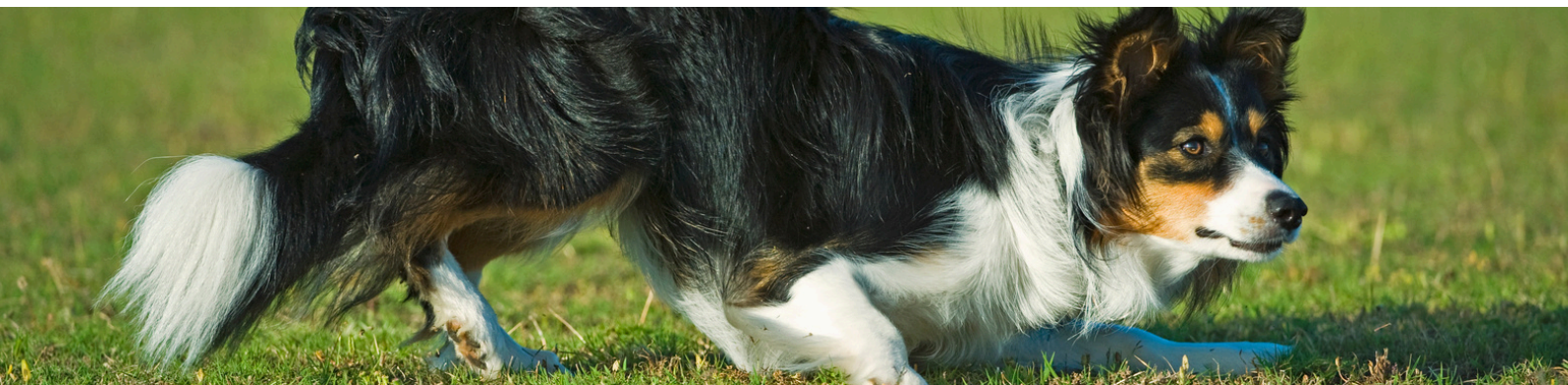
Cost: \$600 AUD (includes an initial physiotherapy assessment)

Class Structure

Station/Circuit Type Environment:

3 x 10-Minute Stations: Each station focuses on a specific exercise or activity.

2-Minute Breaks: Between stations for restocking treats, refueling, toilet breaks, and resetting.



Key Benefits of Canine Fitness Classes

Improved Physical Health

Regular exercise helps dogs maintain a healthy weight, strengthens muscles, and improves cardiovascular health. Fitness classes ensure balanced, safe exercise in a structured environment.

Injury Prevention

Focus on strength, flexibility, and endurance to reduce the risk of injuries, particularly for active or working dogs.

Mental Stimulation

Engaging activities reduce boredom and anxiety, enhancing overall well-being.

Rehabilitation Support

Helps dogs recovering from injury or surgery by improving strength and mobility under professional supervision.

Socialisation

Provides opportunities for dogs to interact with others in a controlled, positive environment, improving their social skills.

Bonding with Owners

Strengthens the relationship between dogs and their owners through shared activities and goal-oriented exercises.

Tailored Exercises

Provides opportunities for dogs to interact with others in a controlled, positive environment, improving their social skills.



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