

THE PENTIMENTO PROJECT

moving beyond cancer



MOVE WELL & STAY WELL

WHAT IS THE PENTIMENTO PROJECT?

The Pentimento Project offers an extra dimension to the treatment of cancer. The Project aims to provide physiotherapy based assessments and treatments to help individuals affected by cancer increase activity, movement, functional capacity and quality of life.

This is achieved through **movement, activities, exercises** and **goal setting**.

WHAT IT OFFERS

Solutions are tailored to individuals, but typically include:

- Individual Assessment & Treatment
- Tailored Exercise & Intervention Plans
- Integrated Exercise Sessions
- Remote & Phone Consultations
- Home Visits
- Seminars
- Support Group Morning Teas

WHY THE PENTIMENTO PROJECT IS DIFFERENT TO OTHER HEALTH APPROACHES

Cancer and its treatment takes its toll on your **body**, your **confidence** and your **emotions**.

While every person's experience of having cancer is different, there are some positive steps you can take to help you move beyond treatment and to **regain confidence in yourself and your body**.

Taking into consideration medical and personal history, treatment focuses on a holistic approach to musculoskeletal, functional, neurological and pain deficits whilst achieving an individual's goals.

It fills the gap in the provision of care for cancer patients in the transition from diagnosis and treatment, through to achieving a desired quality of life.

www.thepentimentoproject.com

THE PENTIMENTO STORY

The Pentimento Project was developed and implemented by **Julie Allen**, a physiotherapist, who is passionate about maintaining health and well being throughout treatment, transition and beyond. Julie herself is a cancer survivor.

Most art masterpieces have minor changes and modifications to them where the painter changed their mind part of the way through the creation process. Through time, aging or circumstance these changes become exposed and the vulnerability of the original form is on display for all to see.

People are masterpieces in their own right. Through cancer, people often feel vulnerable, exposed, weak and raw. They may feel on display and as if they constantly have to explain what is happening to them. They lose sight of who they are and become identified by their disease - along the way losing confidence and trust in their body, and their zest for life.

The Pentimento Project provides support and guidance through this vulnerable time, helping people move through this transient moment towards their **new future**.



Julie Allen



“ Adding exercise into my day is amazing. This has given me great confidence to get back on my feet. ”
(Melanie)

“ It helps to work together with somebody who really understands. ”
(Jamie)

“ Great Results. ”
(Oncologist)

Find Out More

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