

Medical Disclaimer

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The information provided on this website by TNT Performance & Rehab is for general educational and informational purposes only and is not intended to replace professional medical, physiotherapy, psychological, or healthcare advice.

While we strive to provide accurate and up-to-date information, no guarantee is made regarding the completeness, reliability, or suitability of any information contained on this website.

No Healthcare Relationship

Use of this website, including submitting enquiries or downloading resources, does not establish a healthcare practitioner-client relationship between you and TNT Performance & Rehab or any of its practitioners.

A professional assessment is required before any diagnosis, treatment, exercise prescription, rehabilitation plan, or health recommendation can be provided.

Exercise and Training Information

Any exercise, rehabilitation, speed training, strength training, or performance-related information provided on this website is intended as general guidance only.

Participation in physical activity carries inherent risks, including injury, illness, or aggravation of existing conditions. You should seek advice from a qualified healthcare professional before commencing any exercise program.

You participate in any exercise, training, or rehabilitation activities at your own risk.

Health Information

Information provided through blog articles, social media content, newsletters, downloadable resources, videos, and website content should not be relied upon as a substitute for individual medical advice.

If you have concerns regarding your health, injury, symptoms, or medical condition, please consult an appropriately qualified healthcare professional.

Emergency Situations

Do not rely on this website for medical emergencies.

If you are experiencing a medical emergency, call 000 immediately or attend your nearest emergency department.

Limitation of Liability

To the maximum extent permitted by law, TNT Performance & Rehab, its directors, practitioners, employees, contractors, and affiliates exclude all liability for any loss, injury, damage, or claim arising from reliance on information contained on this website.

Contact

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