

Morné Barnard Biokinetics

We are healthcare professionals
concerned with:

Promotion of
health and
wellness

Final phase
rehabilitation

Maintenance
of physical
abilities

Scientific
Based on
evidence

We are qualified to work with people who have specific
exercise needs and various medical conditions.



Manor Medical Biokinetic Centre
189 Kelvin Drive, Morningside

Open

Monday - Thursday: 6am - 6pm

Friday: 6am - 1pm

Contact information:

Email - biokinet@gmail.com

Tell - 011 656 2450

Cell - 071 593 3599

- 084 446 7788

Exercise & pregnancy

Being active is safe and has health benefits for you and your baby. Exercise can reduce the risk of some pregnancy-related problems and supports a healthy pregnancy.



Now is the best time to start being physically active.