

# Lené van der Linde Physiotherapy

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The Lené van der Linde Physiotherapy practice is situated at In the Vine Physio, Stellenbosch, just outside Somerset West off the R44. We strive to follow a scientific approach to physiotherapy and strongly support continuous professional development to stay up to date with the latest approach, supported by research, in the physiotherapy field. We offer in-depth explanations of conditions and strive to empower each individual to have an understanding about the human body and how it works, relatively to each individual's challenge. Being an informed individual promotes health, confidence and self-sufficiency.

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