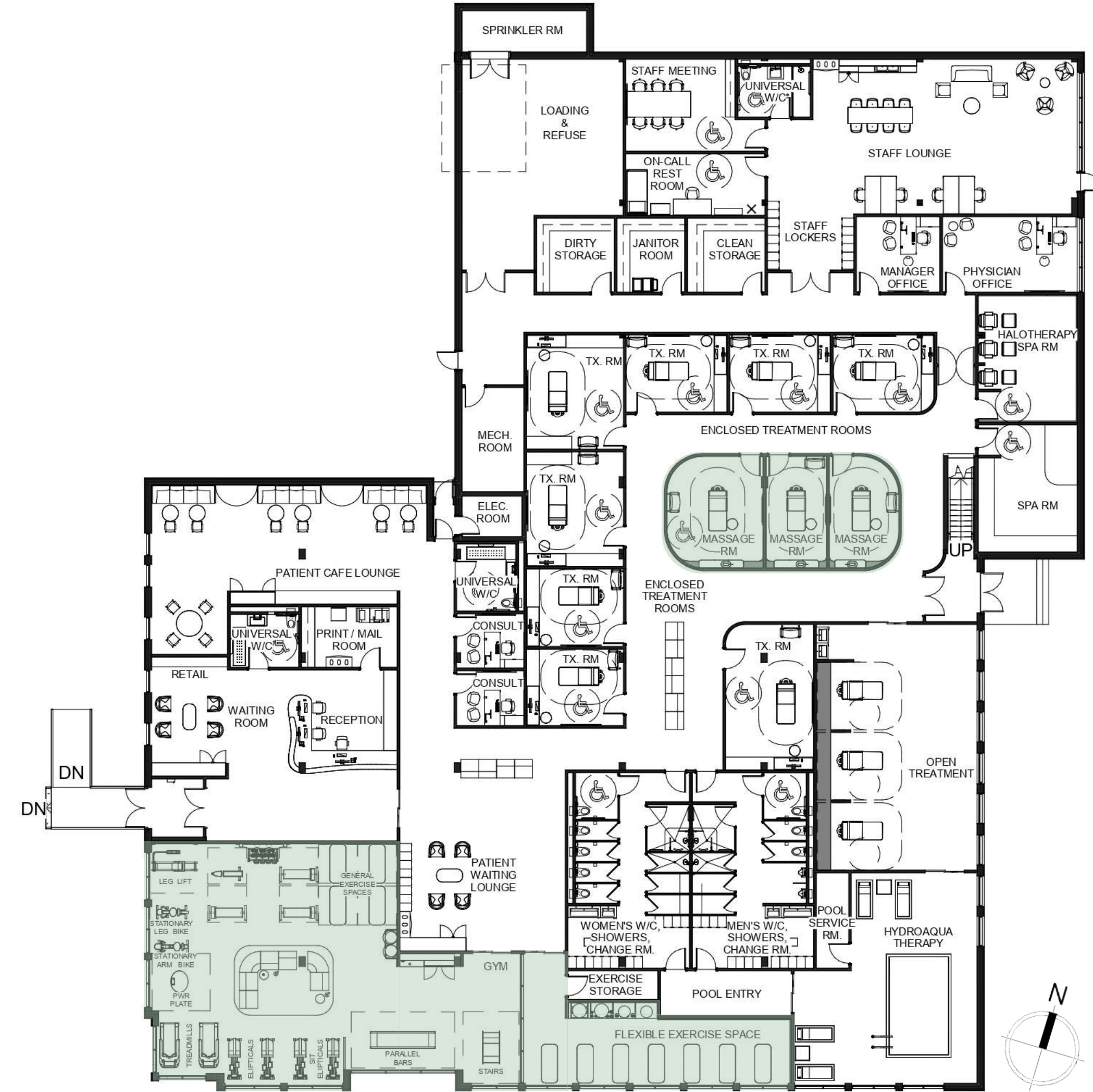


SERENITY: PHYSIOTHERAPY CENTRE

RACHEL GONÇALVES STONEMAN

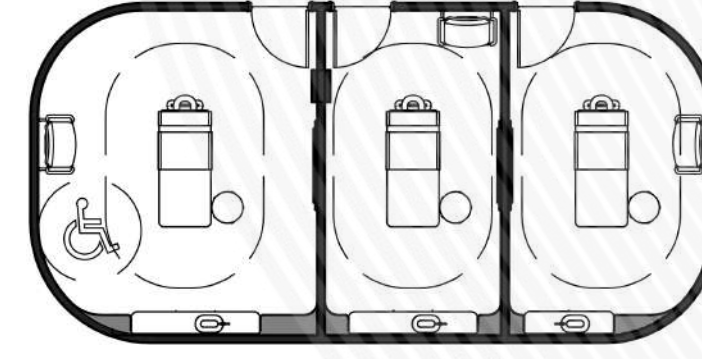
FLOOR PLAN



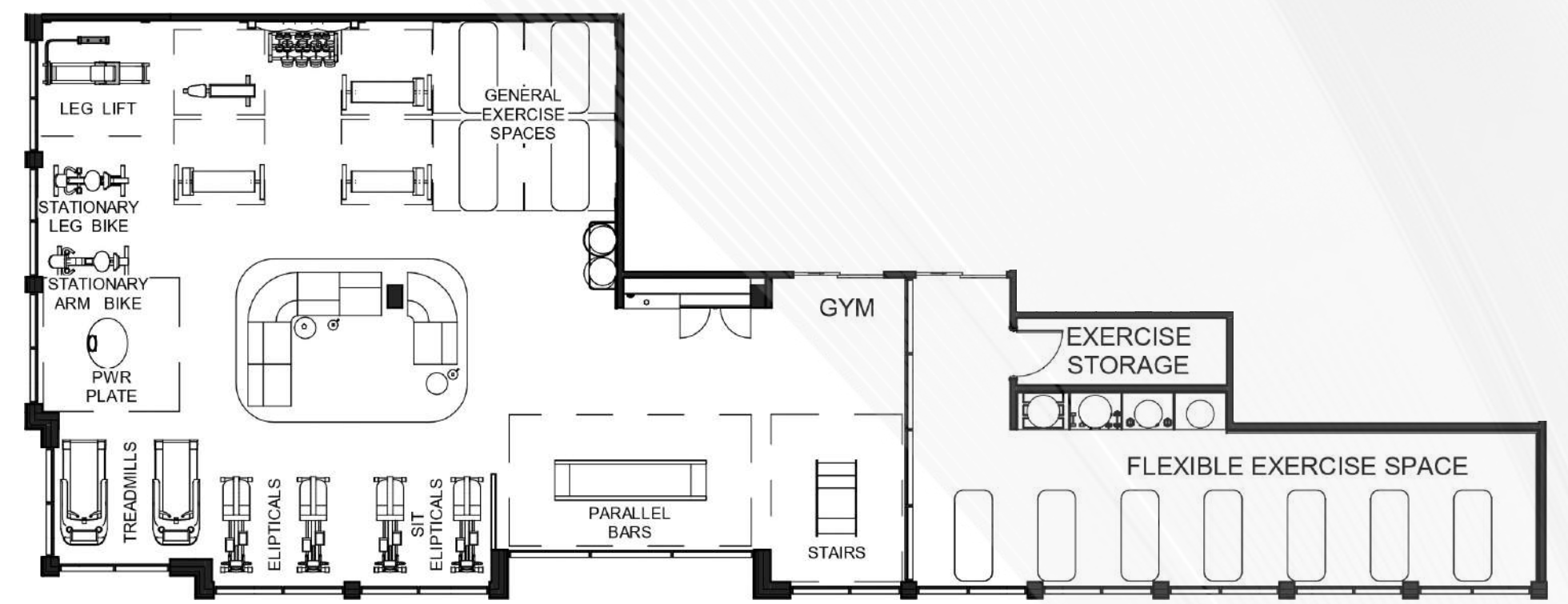
GROUND FLOOR PLAN

FOCAL AREA

FOCAL AREA PLANS

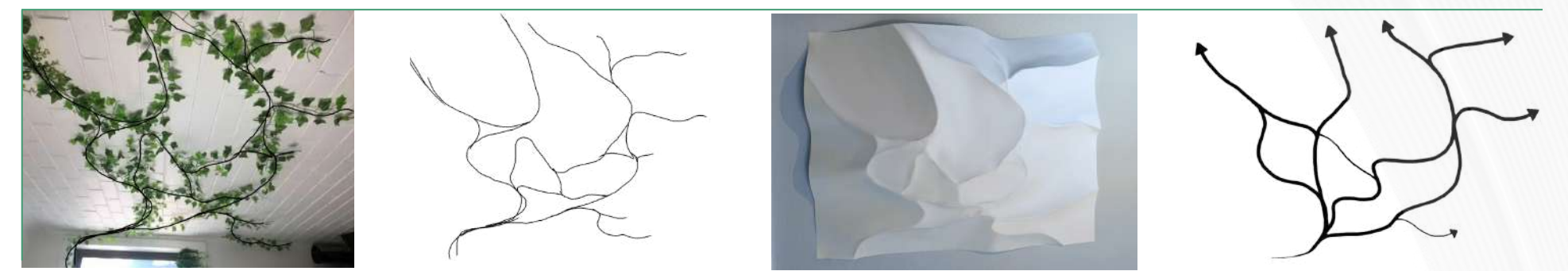


MASSAGE TREATMENT ROOMS



GYM + FLEXIBLE EXERCISE SPACE

CONCEPTUAL EXPLORATION - Resilience and Growth of Patients



THE IDEA

Welcome to a holistically designed physical therapy centre, which utilizes **Trauma-Informed Design** and **Place Attachment Theory** design strategies to enhance the patient and staff experience, reduce stress, and increase motivation and wellness.

THE CONCEPT

TRAUMA-INFORMED DESIGN

- To inspire feelings of **hope, empowerment, connection, joy, peace of mind, and safety**, for patients experiencing pain and injury, and may have experiences of a injury-causing traumatic event, or the trauma of living with the injury itself. Design should be aware to avoid triggering or overwhelming elements, and focusing on positives to create a serene, safe space.

PLACE ATTACHMENT THEORY

- To establish a welcoming and memorable design that creates attachment and connection between the patient and the clinic, that makes the clinic more desirable to attend. To increase motivation to attend treatments and do physiotherapy self-exercises, even though it may be painful and triggering.



GROUND FLOOR PLAN - COLOUR-CODED





SECTIONS



GYM + EXERCISE SPACE



MASSAGE TREATMENT ROOMS



THE DESIGN

FLEXIBILITY, TRANSPARENCY, TRANQUILITY

- Flexibility in the variety of areas offered for patient choice, secureness, and comfort
- Transparency ensures patient privacy and secureness, and ensuring sightlines of staff to see patients for their safety.
- Tranquility in the design to avoid trauma triggers, and to promote feelings of serenity, safety, and comfort.

