

PHYSIO4ALL

revitalise – bounce – be healthy

Back 2 Bizz Classes

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Small group exercise classes in the PHYSIO4ALL Pilates studio aimed specifically for those clients recovering from a back problem and who are pregnant. These classes will promote spinal disc regeneration, help reduce joint inflammation, reduce spinal muscle spasm and introduce you to core stability and pelvic floor exercises. The Spinal Back Care Classes are a stepping-stone to our Clinical Pilates Program, and our physio's will take you through 3 stages; Beginner – Intermediate – Advanced. In these classes, clients will do matwork, use exercise balls and therabands.

Why choose our Back 2 Bizz Class?

- Exercise classes uniquely formatted for back pain sufferers
- Ideal for pregnant women
- All exercises research based
- Safe easy to follow exercises
- Small group sessions
- Individual attention
- Classes instructed by highly skilled physiotherapists
- Health Fund Rebates Available*

Our Back 2 Bizz classes are managed by trained physiotherapists with professional & clinical experience, so you know your body is in the safest hands. Back 2 Bizz Classes are designed to focus on various areas, including:

- greater core stability
- improved muscle strength
- improved posture
- relief from neck and back pain
- improved pelvic floor muscles
- spinal decompression
- increased joint mobility
- improved muscle flexibility
- prevention from injuries

Back 2 Bizz Classes

PHYSIO4ALL'S Back 2 Bizz program will involve an initial 1-1 assessment, followed by a weekly 30 minute class session for 3-4 people. All classes will take place on:

Mondays, Wednesdays & Fridays from 12:00pm – 12:30pm.

Initial Consultation:

This includes a full musculoskeletal assessment and an introduction to the Back 2 Bizz classes. Our physiotherapist will then design a specific program suited to your individual needs.

If you are currently receiving physiotherapy for a spinal condition, you will not require an initial consultation.

Cost

Initial Consultation (30 - 45mins) \$75.00
Back 2 Bizz Classes (30 minutes) \$30.00

Health Fund Rebates apply for all consultations and classes. **HICAPS** is available on-site and rebate depends on the health fund.

Further Information

If you require any further information do not hesitate to contact any of the PHYSIO4ALL staff.

***Prices subject to change without prior notice**

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