

PHYSIO4ALL

revitalise – bounce – be healthy

Functional Conditioning Program[©]

Functional Conditioning at PHYSIO4ALL

Unlike many other Exercise classes, at PHYSIO4ALL, clients perform all exercises under close supervision by trained physiotherapists with professional and clinical experience. Our physiotherapists will specifically design your own exercise program aimed at effectively managing your problem areas and allow your body to function much more efficiently. At PHYSIO4ALL, our Functional Conditioning classes will be geared to promote:

- greater trunk stabilization
- improved muscle strength
- better posture and body awareness
- improved flexibility
- relief from neck, back and joint pain
- increased joint mobility
- lower stress levels
- firmer and flatter stomach muscles
- increased balance and performance in sport
- injury prevention
- safe injury management
- research based approach

Core stabilization training and muscle efficiency are key factors that determine successful rehabilitation. These are key factors that have been identified by researchers in managing chronic pain.

Initial Pre-Intervention Consultation:

This includes a full musculoskeletal assessment and design of a specific exercise program aimed at both your strengths and weaknesses.

Individual Sessions:

This involves private, 1-1 sessions with the physiotherapist, who will introduce you to your specific program. This will include a variety of mat and spring-loaded equipment based exercises.

Group Sessions

These sessions will usually involve 2- 5 clients and will be a continuation of your specifically designed program implemented in a group session.

PHYSIO4ALL will endeavor to fill all classes. If we are unable to fill the class, you will be billed for an Individual Session.

Please turn over for available class times.

Cost

Initial Consultation (1/2hr)	\$100.00
1 - 1 Consultation (1/2 hr)	\$95.00
Group Therapy (1/2 hr) - 2 people	\$48.00
- 3 people	\$40.00
- 4 people	\$35.00
- 5 people	\$30.00

We do offer 1 hour classes – Speak to our staff

OR Prepay and pay only \$350 for 12 sessions! To be completed within 3 months, and not applicable with Rewards Club[©]
All prepaid classes are non refundable and non-exchangeable.

Health Fund Rebates may apply for all consultations and classes under Group Physiotherapy.

HICAPS is available on-site and rebate depends on the health fund and cover.

Rewards Club[©]

Join our Rewards Club[©], and receive every tenth Class FREE!

Further Information

If you require any further information do not hesitate to contact any of the Physio4All staff.

Practice Hours:

Mon – Fri 7.30am – 5.30pm

Saturday 9:00am – 1:00pm

*Prices subject to change without prior notice

Shop No. P16, NorthPoint, 100 Miller St. North Sydney. NSW – 2060

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CLASS TIMES

The following is a list of regular class times.
Please note – all classes are subject to availability.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STEVE	12:30pm	7:30am	12:30pm	7:30am	12:30pm	
	1:00pm	8:00am	1:00pm	8:00am	1:00pm	
		8:30am	1:30pm	8:30am		
		12:00pm		9:00am		
		12:30pm		12:00pm		
				12:30pm		
ANOUSKA	8:00am	1:00pm	7:30am	1:00pm	7:30am	
	8:30am	5:30pm	12:00pm		8:00am	
	9:00am				8:30am	
RAY	12:00pm		5:00pm	1:30pm	12:00pm	
				5:30pm		
				6:00pm		
RAY/ANOUSKA						9:30am
(alternate weeks)						10:00am