



PHYSIO4ALL

REVITALISE - BOUNCE - BE HEALTHY

Clinical Pilates & Functional Conditioning Group Classes[©]

Clinical Pilates & Functional Conditioning

Unlike many other Group 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 group classes will be geared to promote:

- greater trunk stabilization
- improved muscle control & strength
- better posture and body awareness
- improved flexibility
- relief from neck, back and joint pain
- increased joint mobility
- increased balance
- increased core strength
- increased performance in sport
- injury prevention and 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.

Women's Health and Pregnancy

Clinical Pilates is an excellent form of exercise during and after pregnancy. This form of exercise helps to activate the deep abdominal muscles and pelvic floor, which can become weakened.

Initial Pre-Screening Consultation:

This includes a compulsory 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- 6 clients and will be a continuation of your specifically designed program implemented in a group class.

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:	\$115 or \$105 (1/2hr)
1 - 1 Consultation:	\$110 or \$100 (1/2hr)
Group Therapy:	pay as you go (1/2hr)
	2 people: \$48.00
	3 people: \$40.00
	4 people: \$35.00
	5 people: \$30.00
	6 people: \$28.00

We do offer 1 hour classes – Speak to our staff

OR Prepay with one of our Special Packs:

- \$350 for 14 sessions (3 month program)
- \$550 for 26 sessions (6 month program)
- \$999 for 50 sessions (12 month program)

All prepaid classes are non refundable and non exchangeable

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

TYRO is available on-site for your rebate which will depend on your health fund cover.

Rewards Program[©]

Join our Rewards Program[©], and receive points for every class which will give you valuable discounts on products and treatment

Further Information

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

Practice Hours:

Mon – Fri 7.30am – 6.30pm
Saturday 8:30am – 1:00pm

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

Suite 2, Ground Floor, 90 Arthur St, North Sydney NSW 2060

T 02 9922 2212 W www.physio4all.com.au E info@physio4all.com.au ABN 77 548 297 578