**Group Physiotherapy Classes**

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

Trunk/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**

Group Physiotherapy 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.

These sessions will involve **6 or less** clients and will be a continuation of your specifically designed program implemented in a group class.

***Please turn over for available class times.***

**Cost**

**Initial Consultation:** $125 or $115 (1/2hr)

**1 - 1 Consultation:** $120 or $110 (1/2hr)

**Group Physiotherapy:**

**$17.50 per class Pilates Pack**

**$25 per class Pay As You Go**

Pilates Packs Available

Beginner: 20 classes for $350

Regular: 32 classes for $550

Dedicated: 58 classes for $999

All prepaid classes are non refundable and

non exchangeable

**Health Fund Rebates may apply** for all classes under the **Group Physiotherapy Code 560.**

**TYRO** isavailable 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 – Thurs 7.30am – 6.30pm**

**Friday 7:30am-4pm**

**Saturday 8:30am – 1:00pm**

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

