

# Exercise Rehabilitation Classes

## *Studio:*

Our studio sessions utilise traditional clinical Pilates equipment including reformers and the trapeze table. Our focus is on improving your stability utilising low to moderate resistance with a goal oriented and individualised program.

We recommend these sessions for people recovering from an episode of pain, especially lower back pain and anyone struggling with chronic pain. If you are trying to make significant improvements across multiple areas of pain or injury these sessions allow for focus on the whole body.

Our studio sessions are perfect for those who find it challenging to exercise due to pain, including those with fibromyalgia and hypermobility.

A home program will be developed to increase the benefits gained in session.

**Duration:** 1 hour

**Group size:** 3 participants

**Cost:** \$60

**Code:** 560 (HBF 505)

**Assessment:** \$135 (45-60mins)



## *Mat:*

Our Mat classes are a great way to keep things well maintained if you have recurring pain or injuries. They are not suitable for those experiencing acute pain. We consider these to be harder than our studio sessions but not as strenuous as our Gym Strengthening sessions.

A full musculoskeletal assessment is required prior to the first session to ensure you are suitable for Mat.

**Duration:** 1 hour

**Group size:** 6-8 participants

**Cost:** \$35

**Code:** 561

**Assessment:** \$135 (45-60mins)

★ *We are taking expressions of interest for Monday 11am Mat for Term 3.*

# Gym Strengthening:

Our Gym Strengthening sessions use individual goal-based programs to ensure you get the results you are after. They are Ideal for those who want to be stronger but are scared to go it alone in the gym or have had trouble previously with technique or injuries.

This is the option we recommend for rehabilitation post-surgery, especially if you are hoping to return to sport.

**Duration:** 45 mins      **Group size:** 4 participants

**Cost:** \$45      **Code:** 560

**Assessment + program set up:** \$135 (1.5 hrs)



\* We are developing multiple new Gym sessions with Brett – please express your availability

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>FRIDAY</i>
	<i>8am Studio*</i> <i>Kate</i>		
<i>9am Studio</i> <i>Brett</i>	<i>9am Studio</i> <i>Kate</i>		<i>9am Studio*</i> <i>Bryony</i>
	<i>10am Studio</i> <i>Kate</i>		
<i>Term 3 New Mat</i> <i>Iris</i>		<i>11am Studio</i> <i>Kate</i>	
		<i>12pm Studio*</i> <i>Kate</i>	
<i>1pm Studio</i> <i>Kate</i>			<i>12:45pm Mat*</i> <i>Iris</i>
		<i>Afternoon Gym*</i> <i>Brett</i>	
<i>5:30pm Studio*</i> <i>Kate</i>		<i>5:30pm Studio*</i> <i>Bryony</i>	

*\*Denotes classes with current availability*

*Please contact reception for bookings Ph: 6102 6652 or [admin@perthhillsphysio.com.au](mailto:admin@perthhillsphysio.com.au)*