

CORE RECOVERY PROGRAM INFORMATION

Join our new **CORE RECOVERY PROGRAM** conducted by **Physiotherapist, MADDY WALKER**.

Each program is limited to a ***maximum of 6 participants***.

*****Participate in all sessions and attend the final class for free!*****

Who is the program designed for?

The Core Recovery Program is for those who would like to improve their core/trunk stability, general strengthening, and body awareness. The Program can assist with:

- Ongoing or recurrent back pain.
- Improving and maintaining good resting and active posture.
- Returning from injury or preparing to start exercise after a lay off.
- Prevention or elimination of exercise-induced back complaints.
- Regaining trunk control and strength after de-conditioning.
- Improving running/exercise efficiency through better core control.



What does the program involve?

- 1 x Pre-program assessment to determine your baseline status and your specific needs and goals.
- 6 x one hour, weekly class sessions.
- Supervised, individualised exercises utilising Pilates techniques and core stabilisation exercises.
- Guidance on activities to be practiced and continued with following sessions.

When and where are the sessions?

- An initial assessment needs to be ***booked prior to program commencement***, and will be a 30' Physiotherapy consultation.
- The next program will ***commence mid to late February*** on Tuesday or Wednesday evenings, 5:30 – 6:30pm.
- All sessions are at ***Kingston Physiotherapy & Sports Injury Centre***, in the Green Square Centre, Kingston.



I have private health insurance (PHI) that covers Physiotherapy. Can I claim a rebate?

Yes. If you bring your PHI card to each session, a ***HICAPS*** claim can be made on the spot, leaving only the remaining balance, if any, to pay.

How much does the program cost?

- The initial one-to-one assessment session with Maddy will be a 'Standard' Physiotherapy consultation costing \$99.00 ***before*** claiming on PHI.
- The class sessions will be at a reduced 'Group' rate of \$59.50 per session ***before*** claiming on PHI. Club discounts may also apply.

Do I have to attend all the program sessions?

The program is progressive with the greatest benefit being gained by participating in every session. However, attendance at every session is not compulsory.

A bonus for those who do attend every session is the ***final class is free!***

How do I book my place and get more information about the program?

Call our reception staff on ***02-6260 8244*** to ask for further details and book a pre-program assessment with Maddy by mid-February.

