



the
physio
clinic

'for all things physio'

GYM

Goodlife Health Club (Royal Park)



Gym Physiotherapist- Felicity Bitter

You have been recommended to attend Gym Rehabilitation to assist you in your recovery and fitness goals. These sessions are supervised by our trained Physiotherapists who will guide you through a program as directed by your treating Physiotherapist.

Gym classes are 1 hour, and include 4-5 participants to allow greater supervision and use of equipment. At the Goodlife Health Club you will be able to use a range of gym equipment including treadmills, bikes, gym balls, weights and other exercise machines.

Please read the following information to assist you in preparing for these sessions and to ensure your safety whilst in the gym area.

It is advisable to take adequate pain relief prior to attending, so that you have optimal comfort for your treatment session.

What to bring:

- Comfortable gym clothing, supportive gym shoes (sneakers or sandals) and a towel
- Any medication that you use on a "as need basis" which should be kept with you in the gym (for example for angina or asthma, including inhalers)
- A bottle of drinking water

When you arrive:

- Report to front reception at the gym & sign your name on the physiotherapy attendance sheet.
- Change if necessary and report to the physiotherapist in the gym area.
- Toilets, showers and a changing room are available for use in the gym
- Lockers are available and should be used to store valuables and personal items

Your session:

- Your gym physiotherapist will provide you with a program based on the recommendations of your treating physiotherapist
- All exercises will be demonstrated first at your initial session to ensure you are comfortable with all of the equipment

- Exercises will be supervised and progressed as appropriate, in conjunction with the advice of your treating physiotherapist

After your session:

- It is not unusual to feel tired or have sore muscles in the hours following your gym session.
- Ensure you drink water following the session to keep hydrated
- If there is any change in your condition or you develop acute pain please notify your gym physiotherapist.
- If you require assistance with showering or dressing, please arrange for a family member or friend to come with you.

GYM CLASS TIME

Day	Time
Wednesday	3:30pm

Bookings are essential as classes are limited to only 4-5 participants to allow greater physio supervision.

Cost: (gym sessions are claimable with private health insurance extras)

- \$26 per session
- 10 visit pass (pay for 9 and get 10th session free)- \$234
- The 10 visit pass must be used within 3 months of purchase

There will be a small subsidised entry fee for each session in the gym which is paid at the time of the visit to the gym. These are fees set by Goodlife Health Club, and they have provided clients of The Physio Clinic with a reduced rate:

- Casual Rate- \$14.40
- Alternatively a reduced 3 month membership is offered to all clients of The Physio Clinic and may prove more cost effective if you are undertaking a long term rehabilitation. Talk to your treating physiotherapist if you think this may be an option and they can arrange this.

Workcover and Third Party patients will be billed directly to their insurance companies upon approval being granted by the case manager. You will not be required to pay the entrance fee as long as you ensure you sign in at the Goodlife reception and make note that you are a **workcover client on the sheet.**

If you have any queries or concerns please contact us at The Physio Clinic on **8342 1233.**

If you are not able to attend your Gym session please phone the clinic and leave a message if the phone is unattended. As we have a waiting list for Gym classes, failure to cancel appointments will incur the normal charge.

Where is the Gym Rehabilitation held?

Goodlife Royal Park
1202 Old Port Road
Royal Park SA 5014 (Parking available onsite)

