



PhysioRehab

PhysioRehab is a physio-led class, where each participant performs their own tailored, individualised program.



The class is a great mix of Pilates-informed, reformer-based exercise and functional strengthening.



All programs are designed to suit your individual needs and health and performance goals.



It is appropriate for those recovering from an injury, recurrent back or neck pain, or anyone looking to simply get fit, strong and active in a supportive, safe and fun environment.



The aim of this class is to optimise your posture and movement, and ultimately enhance your health, fitness and performance.

Class numbers are limited to 4 to allow maximum attention and guidance



Cost:

- Casual class: \$48
- 10 pack of classes (One class per week) \$440
- 20 pack of classes (Two classes per week): \$840



Package expiry:

- All packs expire at the end of each term.
- The balance of any unused classes in a pack are not refunded, nor is credit transferred.
- If you are unable to attend a class/es, please find alternative class/es to attend in the same term.
- Expiry may be negotiable in circumstances such as illness or injury only, at the discretion of Gerringong & Kiama Physiotherapy management



Terms:

- Classes run over a 10 week term, four times per year.
- There is an additional week of classes immediately following each term to allow a 'make up' for a missed class.
- A reduced schedule will run during January, prior to term one, on a casual basis.



Rebates:

- If you have extras cover, including physiotherapy, you should be able to claim using code 560.
- Please contact your insurer directly for a quote. When purchasing a pack, you will need to pay in full, at the start of each term. At completion of the pack/term, we will provide a receipt of classes attended, which you can then claim with your insurer.
- HICAPS can only be used if purchasing a single class, on the day of service.



Pre-assessment:

- A pre-assessment with a physiotherapist is required for all participants.
- To develop a fully individualised program, you will need to attend an assessment, and up to two follow up 1:1 sessions, billed at our usual consultation rates.



Ongoing assessment:

- Re-assessment following each term is also strongly encouraged. This ensures you are progressing and working toward your goals. If you are claiming using private health insurance, assessment and reassessment is a requirement when using code 560.