

Clinical Gymnasium

Clinically supervised rehabilitation facility

For people returning from injury, or those suffering from persistent spinal and joint conditions, Brighton Spinal Group offers patients a gymnasium based rehabilitation facility. This facility is both monitored and overseen by qualified physiotherapists, osteopaths and exercise physiologists.

Specifically designed as a rehabilitation facility, Brighton Spinal Group's clinical gymnasium enables patients to engage in the most effective gym-based rehabilitation program possible, ensuring your recovery is fast and safe.

What if I am in pain?

Therapeutic exercise is designed to reduce stress and strain on pain sensitive structures of the body by re-learning or modifying activity. Many types of acute and chronic pain respond well to therapeutic exercise in the form of functional restoration, progressive strengthening and fitness training. Getting started is often the hardest part.

What if I am already exercising?

Physiotherapists osteopaths and exercise physiologists are experts in human movement. We also excel in managing the healing and recovery process. By establishing the underlying physical factors, we will determine both which sort of activity and how much to ensure a fast and effective recovery.

How do I begin?

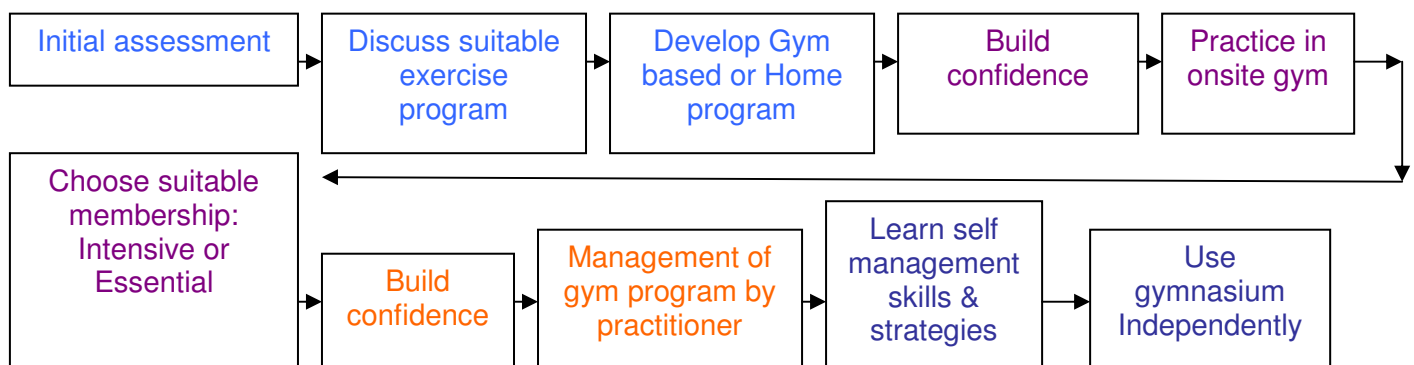
If you have a persistent spinal or joint condition, or are returning to exercise after suffering an injury, you are an appropriate candidate for one of our gym programs run by our rehabilitation physiotherapist Bruce Gilmore and osteopath Heath Williams. If you are deconditioned or require an ongoing maintenance regime with exercise physiologists, Naomi George and Liz Pressick, are more appropriate.

Initial Assessment

During the initial consultation we will assess your condition, complete baseline measures and discuss your options for exercise therapy. The focus is to determine which form of exercise therapy will be best for you. We may need to teach you some new movement strategies, modify your current exercise regime as well as develop strength, fitness and flexibility using the equipment in the gymnasium.

Depending on your ability, confidence and injury, Bruce or Heath will determine the level of supervision you require to continue your transitional rehabilitation program within our gymnasium.

Our gymnasium is designed to help you become independent with your exercise regime; hence there are no long term contracts or sign up fees.



There are two levels of “membership”, **Essential** and **Intensive**.

Intensive Membership

Two supervised sessions with practitioner and independent use of the gymnasium per week

\$70 per supervised consultation

The intensive membership is suitable if you require a high level of supervision. This is important when starting a new exercise regime or after prolonged periods of inactivity, also for conditions which need close monitoring and guidance. During your membership, we encourage you to attend the gym independently to practice your exercise program, and to use the equipment to build strength, flexibility and control.

Essential Membership

One supervised session with practitioner and independent use of the gymnasium per week

\$75 per supervised consultation

The Essential membership caters for patients with a greater understanding of exercise and for conditions that require less supervision.

This includes one supervised session per week to develop your program and to work on specific exercises as well as progress your program as you improve. The focus is to make you independent with your exercise program so you are in control of your pain/condition rather than it controlling you.

To reward you for your dedication to your program, we offer a discount of \$5 per visit if you pre-purchase your membership for four weeks in advance*

Intensive Membership **\$65 per consultation** **(twice per week)**
Four weeks = **\$520**

Essential Membership **\$70 per consultation**
Four weeks = **\$280**

*At each consultation, you will receive a receipt to claim from your health insurance company directly. HICAPS (direct claiming) is unavailable for pre-purchased sessions.

Terms & Conditions of Memberships

- Memberships cannot be suspended without prior consent of the practitioner
- Unsupervised gym visits are not transferrable, and are to be used each week and cannot be accumulated
- Credits are only to be used for gym purposes and are non transferable to other clinic services unless expressly advised by practitioner.