

## Clinical Rehab Gymnasium

Brighton Spine and Sports Clinic offers patients recovering from an injury, or suffering from persistent spinal and joint conditions, a rehabilitation gymnasium. Our gym has all the clinical equipment required to optimize your rehabilitation, and is monitored and overseen by experienced physiotherapists, osteopaths and exercise physiologists.

Exercising develops postural awareness, core abdominal strength, neuromuscular control and joint alignment, flexibility and mobility, cardiovascular fitness and whole body strength.

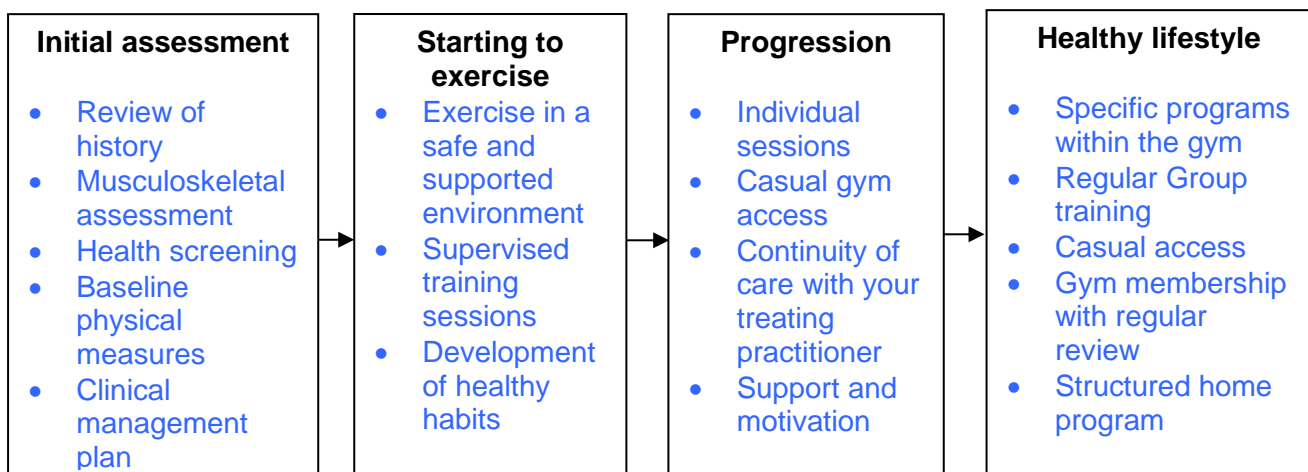
Our gymnasium has all the equipment needed for the rehabilitation of musculoskeletal or orthopedic concerns, as well as general physical health.

### How do I begin?

During the initial consultation we will review your clinical history and assess your injury. A full musculoskeletal screening and general health assessment is also undertaken. Once this is complete we will discuss your injury and determine which form of exercise therapy will be best suited to you.

### What should I expect?

Supervised sessions are undertaken to ensure you are undertaking your exercises program with the correct technique and structures. As you work closely with our Allied health team, you can be certain to exercise with confidence. You can gradually start to exercise while you are still receiving hands on treatment and / or medical management.



We offer fully supervised exercise program, structured independent programs, regular small group training, and a gym membership option for experienced exercisers.

We have structured our fees to reflect the different types of programs and the level of supervision suitable to your needs.

### Comprehensive spine and sports injury management

Musculoskeletal Medicine ■ Myotherapy ■ Neurology ■ Osteopathy ■ Physiotherapy  
■ Psychology ■ Rehab Gym ■ Sports Medicine ■ Clinical Pilates ■ Exercise Physiology

**Casual Gym sessions –  
\$18.00**

- Use of gym for that day
- Most popular at the start of an exercise program



**Suitable for:**

- Patients who are receiving regular treatment
- Getting started with exercise
- Building experienced in a gym environment
- People who would use the gym infrequently – less than twice a week

Most people use the gym on a casual basis for some weeks while getting used to their program, and continue to seeing their clinician more frequently. Beyond this, a gym membership is the more popular option.

**Gym membership –  
\$365 for 3 months**

- Full unrestricted use of gym for 3 months
- 3 short reviews of your program with your clinician
- Longer six and 12 month memberships available



**Suitable for:**

- Patients confident with exercise
- Maintenance and injury prevention phase of recovery
- People who will use the gym more than twice a week
- Attracts a rebate from some health funds

**Terms & Conditions of Memberships:**

**Health insurance extra's benefits:** As each review session with your treating practitioner is considered a standard physiotherapy/exercise physiology session, you will be issued a receipt at each of your review sessions. In addition to standard physiotherapy/exercise physiology cover, some health funds have for a gym membership – we are happy to complete any paperwork to enable you to claim this rebate.

If you are unwell or go away on holidays, memberships can be prospectively suspended for minimum of one week and up to three months. Please notify reception staff before your suspension is due to start. A 24 hour cancellation policy applies for all appointments made.

**Gymnasium hours:**

**Monday to Thursday – 7:30am to 7.00pm**

**Friday 7:30 – 6pm**

**Saturday – 8am to 1pm**

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