

Solutions Exercise Services including the Pilates Method



Solutions for Wellbeing offer Osteopathic Exercise Therapy, Exercise Physiology, Pilates Equipment Based Programs and Mat classes. Read on to discover which service is the right match for you and how you can access Medicare and health fund rebates for these services.

Osteopathic Exercise therapy is for those with pain, injury or disease which restricts their mobility and requires treatment. These programs are designed and overseen by your osteopath, often in conjunction with “hands on” and other therapies. Osteopathic assistants trained in exercise therapy provide close supervision in consultations and then in shared supervision using Rehabilitation and Pilates equipment. Clients may choose to progress to Pilates Individual Equipment programs to maintain and improve on the results of the therapy program. **To start this program, make an appointment with an Osteopath at Solutions.**

Exercise Physiology is for management of chronic diseases such as obesity, diabetes, heart disease and arthritis. These programs are designed and overseen by the exercise physiologist, sometimes in conjunction with other therapy such as osteopathy. The programs are provided in consultations and/or shared supervision by the exercise physiologist and their assistant using Rehabilitation and Pilates equipment. **To start this program, make an appointment with an Exercise Physiologist at Solutions.**

Pilates Individual Equipment Based Programs are for those who want to achieve and maintain their ultimate body performance and shape. Programs involve initial consultation/s to evaluate your body for over and underactive muscles, postural and breathing habits, flexibility, balance, tension and strength with follow up in shared supervision sessions. Your program is individually designed to provide a total workout with just the right amount of support or challenge. These programs can have an “anti-aging” focus or be used for pre and post natal care. You’ll feel your muscles habits change creating improved posture, flexibility and reducing tension. **To start this program, make an appointment with Solution’s Pilates exercise therapist.**

Mat Classes are for those with moderate fitness who enjoy the Pilates focus on whole body work, breathing and core focus and are able to attend at regular class times in Kiama or Jamberoo. **To join mat classes call Solutions reception and select your class time.** Payment is accepted by phone.

Whole Body Vibration Technology

Whole Body Vibration is used in our exercise physiology/individual Pilates programs to assist with:

- **Bone density** – research has shown WBV improves bone density whereas gym exercise only maintains existing bone density levels in post-menopausal women. Aqua exercise does not assist bone density.
- **Increased muscle power** gains in athletes and in the general population
- **Fall prevention** and improved function in the elderly

Can I claim these services against my health fund or Medicare?

Medicare rebates are available if your doctor refers you for Osteopathy or Exercise Physiology under a Chronic Disease Management plan. All health funds provide rebates for osteopathy and exercise physiology and for Pilates exercise taught by our exercise physiologists. Most health funds provide rebates for Pilates group classes - please ask reception or call your health fund for information about how to maximise fund rebates.