



solutions4wellbeing.com.au
Leaders in Allied Health and Fitness

Solutions For Wellbeing Exercise Physiology

Exercise Physiologists are highly skilled in tailoring exercise programs for health conditions and recovery from injury.

WHY CHOOSE SOLUTIONS FOR WELLBEING?

- ✓ Leaders in personalised allied health, rehabilitation and fitness
- ✓ Extensive range of fitness, rehabilitation and Pilates equipment

Initial consultation

Your initial consultation will develop a therapy plan based on your condition and what you would like to achieve.

- Assessment designed to ensure injuries and other health conditions are understood and monitored.
- Instruction in specific exercises and correct techniques.

Cost: \$95

(claimable on the spot through most health funds)

AFTER THE INITIAL CONSULTATION, CHOOSE FROM:

Shared Consultations (incorporating Pilates Equipment)

Clients undertake individually designed programs under shared supervision. Regular reviews optimise results and home programs are included if desired.

Pricing:
 See table below

Medicare GP Management Plans

For conditions that have lasted more than 6 months, GPs may refer for exercise physiology under Medicare. Plans provide rebates towards up to five exercise physiology sessions.

Pricing:
 30 mins bulk billed
 60 mins \$95 (gap \$42.05)

Group Classes

We offer small group classes in:

- Pilates mat exercise
- Pre/post natal
- Spine care – Pilates based for pain and tension
- Parkinsons Heroes
- T2 Diabetes

Pricing:
 Pilates mat, spine care and Pre/post natal
 Casual \$20
 10 visit pass \$170

Other group classes
 10 visit pass \$280
 T2 Diabetes bulk billed on GP referral

Shared Consultations	Price per consultation	Price per program (upfront)
1 shared consultation	\$55	-
5 shared consultations	\$44	\$220
10 shared consultations	\$38	\$380
20 shared consultations	\$35	\$700

Bookings are essential.

Exercise physiology consultations attract rebates under most health funds, Medicare (EPCs), NDIS, Work and Accident Insurance schemes. For more information, discuss your circumstances with a member of our staff.

18/106 Terralong St, Kiama (Above Red Rooster)
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Physiotherapy, Osteopathy, Psychology, Massage and Dietitian, Exercise Physiology with fully equipped Pilates and Exercise Studio.

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