

SportsMed

Services Guide





Clinical

Pilates

Clinical Pilates is a form of exercise designed and directed by specially-trained physiotherapists to restore optimal control during movement.

Movement dysfunction (or the loss of control) often precedes pathology or injury. The presence of pain can further alter the body's ability to adequately perform the functional movements required in everyday life.

Spinal pathologies are typically load sensitive as well as direction sensitive. Unloading the pathology and identifying the provocative direction is key to rehabilitating neck, back and pelvic problems.

Clinical Pilates is a form of exercise designed to promote early muscle recruitment at low levels of load to optimize control and correct dysfunction.

At SportsMed Subiaco we specialize in prescribing exercise programs using clinical pilates methods to achieve the necessary spinal loading modification and direction specificity. This approach allows for graded progression and goal setting.

We begin with a careful and thorough clinical pilates assessment which determines load and direction tolerance. Our patients then undertake intensive supervised sessions under the guidance of a Physiotherapist with a strong background in musculoskeletal pathology, pain and movement dysfunction.

As with all physiotherapy treatment programs, these sessions are individually tailored to your needs and functional goals.

Ask at reception or call today on **08 9382 9600**

Important Information

Supervised Sessions*

(40 Min session)

Monday to Friday 7am-6pm

Independent Pilates**

(40 Min session)

Monday to Friday 7am-9pm

Saturday 1pm-5pm

Sunday 9am-5pm

Supervised Independent Pilates Classes

Wednesday 5pm-5.45pm

Clinical Pilates Exercise Classes**

(50 Min session)

Wednesday 12-1pm

Fitness Pilates Classes

Wednesday 6pm-6.45pm

Antenatal Pilates Exercise Classes

Tuesday 6pm-7pm

Saturday 9am-10am

Saturday 10am-11am

Postnatal Pilates Exercise Classes

Monday 1pm-2pm

Wednesday 11am-12

* Patients are required to complete a Clinical Pilates assessment before commencing supervised sessions.

** Previous supervised sessions are required to participate in Independent Pilates or classes.



sportsmedsubiaco.com.au



GLA:D™

Australia

Important Information

GLA:D®, or Good Life with Arthritis: Denmark, is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms.

What does GLA:D™ involve?

This education and exercise program reflects the latest evidence in osteoarthritis (OA) research. It also includes feedback from people with OA and trainers on what works in the real world to help patients manage OA symptoms.

GLA:D™ Australia training consists of:

- An initial appointment explaining the program, assessing your current functional ability, and providing you with an individualised exercise program
- Group neuromuscular training sessions twice a week for six weeks to improve muscle control of the joint which leads to reduction in symptoms and improved quality of life

GLA:D™ Australia is run in private, public, and hospital physiotherapy clinics. Please discuss costs with SportsMed reception staff. You do not need a referral from your Doctor, however you may be eligible for a rebate from Medicare or your HealthFund, for some of the cost of the program, if deemed appropriate by your GP.

Ask at reception or call today on **08 9382 9600**

- A full assessment and an **individualised program** developed specifically for you.
- Cost breakdown:
\$130 Initial Assessment
\$40 Per Class
- Health fund rebates may apply. Please check for eligibility.

Physio Supervision

Physio supervision of your exercises in a small group twice a week for 6 weeks.

(12 sessions in total)

Monday	2pm-3pm
Wednesday	10am-11am
Saturday	8am-9am



sportsmedsubiaco.com.au



GLA:D™

Australia

Best first treatment for hip and knee arthritis.

Can I Participate in GLA:D™ Australia?

GLA:D™ Australia is a program for all individuals who experience any hip and/or knee osteoarthritis symptoms, regardless of severity.

You may participate in the GLA:D™ Australia program if you have a hip or knee joint problem that resulted in visiting a health care provider.

You may not be able to participate in the GLA:D™ Australia program if:

- You have other reasons for your hip and/or knee pain, including; tumour, inflammatory joint disease, result of hip fracture, soft tissue or connective tissue problems
- You have other symptoms that are more pronounced than the osteoarthritis problems (for example chronic generalized pain or fibromyalgia)
- You are unable to understand and communicate in English

OA Treatment in Australia

OA is the most common lifestyle disease in individuals 65 year of age and older, but can also affect individuals as young as 30 years of age.

Current national and international clinical guidelines recommend patient education, exercise and weight loss as first line treatment for osteoarthritis.

Background of the GLA:D® Program

Research from the GLA:D® program in Denmark found symptom progression reduces by 32%.

Other outcomes include less pain, reduced use of joint related pain killers, and less people on sick leave. GLA:D® participants also reported high levels of satisfaction with the program and increased levels of physical activity 12 months after starting the program.

This program is unique in that the education and exercises provided can be applied to everyday activities. By strengthening and correcting daily movement patterns, participants will train their bodies to move properly, prevent symptom progression and reduce pain.

Ask at reception or call today on **08 9382 9600**





Cardiac

Rehabilitation

Important Information

SportsMed Subiaco has created a safe & effective Cardiac Rehabilitation Program for individuals who have experienced a cardiac event or undergone cardiac surgery.

This cardiac rehabilitation program is designed to reduce your risk of further cardiac issues while improving your fitness and overall quality of life.

After an individual assessment to determine your suitability for this program you will be placed into a group of 6 to 8 participants who will meet twice a week under the supervision of a physiotherapist experienced in cardiac rehabilitation.

During this program the patient will be coached, monitored and encouraged to continue their exercise when they are at home. Each patient will have the training program tailored to their specific needs and goals.

SportsMed Subiaco's Cardiac Rehabilitation Program has been developed in accordance with The National Heart Foundation of Australia's recommendations and is designed to help the participant return to optimal functional capacity following their discharge from hospital and aid the prevention of further cardiac conditions.

If you would like to be a part of our Cardiac Rehabilitation Program, ask at reception or call today on **08 9382 9600**

Class Duration

60 minutes twice a week for 6 weeks

Class Size

6 to 8 participants

Class Timetable

Monday	10:30am-11:30am
Monday	11:30am-12:30pm
Thursday	12:30pm-1:30pm
Thursday	1:30pm-2:30pm

Health Benefits

- Improved exercise tolerance & muscle strength
- Symptom reduction
- Reduced morbidity & mortality
- Decreased risk of event recurrence/ hospital admissions
- Decreased anxiety & depression
- Improved wellbeing



sportsmedsubiaco.com.au



Pulmonary

Rehabilitation

Pulmonary Rehabilitation has been developed to assist people suffering from chronic lung disease, breathing dysfunction and in recovering from respiratory illnesses.

Our program at SportsMed Subiaco is designed to increase exercise tolerance, strength and overall quality of life. Any level of fitness is welcome and will be able to participate. We put a strong focus on correcting breathing patterns and assisting in strategies for managing shortness of breath and breathing related anxiety.

You will have a comprehensive initial assessment from an experienced physiotherapist, and then be placed in a small group class. Some people may require one on one sessions for further treatment before they are appropriate for the classes, which will be discussed with you by your physiotherapist. We will then create an individual program tailored to your ability and experience with exercise.

Our gym environment is ideal for building confidence, and you will be supervised throughout the class so we can progress exercises safely at your own pace. We aim to help you work towards achieving your individual goals.

Ask at reception or call today on **08 9382 9600**

Important Information

Class Duration

60 minutes twice a week

Class Size

6 to 8 participants

Cost

\$40 p/class

(Health fund rebates may apply)

Class Timetable

Monday	1pm-2pm
Thursday	11am-12

Health Benefits

- Improved exercise tolerance & muscle strength
- Reduce impact of symptoms such as shortness of breath
- Increase ease of participation in daily activities
- Reduction in hospital admissions
- Improved quality of life
- General wellbeing and social support





Sportsmed

Hydrotherapy

SportsMed Subiaco offers physiotherapist supervised and unsupervised sessions in our state-of-the-art hydrotherapy centre.

Our indoor heated hydrotherapy pool is specifically designed for rehabilitation and is equipped with an array of exercise equipment and floating devices to ensure a challenging but enjoyable experience.

The centre accommodates St John of God (SJOG) Subiaco Hospital inpatients and outpatients, as well as private clientele without a hospital admission.

We provide a qualified Physiotherapist by your side to prescribe appropriate exercises and correct technique. Once we have developed a suitable hydrotherapy program, patients have the option to progress to unsupervised sessions, where they can enter the water and perform the program independently.

Entry into the hydrotherapy centre requires a hydrotherapy assessment. For SJOG inpatients and outpatients who have undergone joint replacement, the assessment is conducted bedside before you leave hospital. For all other clientele an appointment with a Physiotherapist is required.

Ask at reception or call today on **08 9382 9600**

Important Information

Supervised Hydrotherapy*

(45 Min session)

Monday	8.15am 4pm
Tuesday	8.15am 9.00am
Wednesday	8.15am 4pm
Thursday	8.15am 12.15pm 4pm
Friday	8.15am 9.00am
Saturday	7.50am

Unsupervised Hydrotherapy*

(55 Min session)

Monday to Friday	6.45am-7.30am 7.30am-8.15am 5pm-6pm
Monday	12:05pm-1pm
Tuesday	12:05pm-1pm
Wednesday	12:05pm-1pm
Friday	12:05pm-1pm

*Bookings are required for both Supervised and Unsupervised Hydrotherapy Sessions.



sportsmedsubiaco.com.au



Baby Swim

SportsMed Subiaco proudly offers Baby Swim, a reputable water safety and learn to swim program for parents and their children.

Safety & Survival

Our Hydrotherapy centre is also home to the Baby Swim Program which allows parent and baby to participate together in a warm, nurturing, aquatic environment.

Babies will learn to dip, hold their breath underwater and surface, learn how to float on their back to rest and breathe. Older children will learn to enter the water from a sitting or standing position, turn around, propel themselves and reach out to grasp the side of the pool to rest.

Baby Swim continues up to the age of 4 and includes transition classes to prepare for formal swimming lessons. All of our instructors are Austswim qualified, highly experienced and have a strong teaching focus on water safety.

Parents need to bring a swimmer nappy, bathers, towels and plastic bag to dispose of nappies at home. Nappy disposal within the medical facility is prohibited by Health Department regulation.

Please email Anielle at babyswim@sportsmedsubiaco.com.au

NB: For enrollment opportunities or more information, leaving a contact phone number and the age of your child.

Ask at reception or call today on **0447 298 381**

Important Information

Child Ages

5 months - 4 Years

Class Duration

30 min session

Class Size

8 parents, 8 babies per class

Term Length

10-11 Weeks (coincides with school terms)

Payment

- Upfront full term payment required at time of enrollment/re-enrollment
- Over the phone payments accepted
- Online bank payments/ fund transfers available
- No refunds
- Make-up lessons possible

Account Name: AITM CASH MANAGER
BSB: 086-082 | ACC NO: 84-442-7485
Narration: Baby's full name.

Notice to parents

- Please be advised, as a courtesy to other participants, only still photography is allowed during classes. No video.
- For hygiene reasons, all nappies are to be taken home after each class.
- Masks are required within SportsMed Subiaco, including the pool area.





SportsMed

Memberships

SportsMed Subiaco offers a variety of membership options for patrons of the gym, pool and/or pilates studio who wish to continue using these facilities independently.

Our vision at Sportsmed Subiaco is to empower our patients with the knowledge, tools and strategies to successfully self manage their injuries where possible.

Injury rehabilitation and exercise therapy form a large part of the recovery process and in many cases, becomes the leading preventative measure.

At SportsMed Subiaco we develop injury rehabilitation programs with independence in mind, and advocate unsupervised use of our facilities (eg. rehab gym, pilates studio and hydrotherapy pool) wherever possible.

If you are not receiving physiotherapy from one of our therapists, the independent use of the Gym, Pilates Studio and Pool requires an assessment and development of an appropriate exercise program.

Ask at reception or call today on **08 9382 9600**

Important Information

Rehab Gym Hours*

Monday to Friday	7am-9pm*
Saturday & Sunday	9am-5pm*

Hydrotherapy Hours

Monday to Friday	6.45am-7.30am 7.30am-8.15am 5pm-6pm
Monday	12pm-1pm
Tuesday	12pm-1pm
Wednesday	12pm-1pm
Friday	12pm-1pm

Pilates Studio Hours**

Monday to Friday	7am-9pm
Saturday & Sunday	9am-5pm

Individual Memberships

Gym/Hydro/Pilates	1mth	\$65
	3mth	\$170
	6mth	\$320
	12mth	\$480
Casual Fee	Session	\$12

All-In-One Memberships

Gym/Hydro/Pilates	1mth	\$80
Combined	3mth	\$220
	6mth	\$400
	12mth	\$600

* Rehab Gym closed Mon 9-3pm,
Wed 10-11am, Thur 11am-2.30pm,
Fri 9.30-10.30am due to classes.

** Pilates / Gym / Pool Memberships
require appointment booking.



sportsmedsubiaco.com.au



SPORTSMED
SUBIACO

EXCELLENCE IN DIAGNOSIS & MANAGEMENT