



# Strength &

# Conditioning Classes

SportsMed Subiaco offer Strength and Conditioning Classes at our gym facilities.

These classes will give participants access to our gym facilities for 1 hour. The classes will be supervised by one of our highly trained and experienced physiotherapists.

Prior to joining the class, you will complete an initial assessment with our physiotherapists and be provided with an individualised strength program designed specifically for you.

## Who can take part in the classes?

The classes are suitable for all patients looking to make improvements in their strength. This ranges from athletes returning from injury and looking to improve performance to patients managing long term joint and muscular pain.

It is also ideal for people who have always wanted to gain gym experience, but are nervous about attending a gym unsupervised or completing exercises incorrectly.

Ask at reception or call today on [08 9382 9600](tel:0893829600)

## Important Information

A comprehensive initial assessment and individualised exercise program

### Cost

Initial assessment	\$135
Per class	\$45

- Private health fund rebates may apply
- EPC referral (Medicare rebates apply)

### Physio Supervision

Physio supervision of your exercises in a small group twice a week for 6 weeks. (12 sessions in total)

Monday	2pm-3pm 6pm-7pm
Wednesday	10am-11am
Thursday	6pm-7pm
Saturday	8am-9am



[sportsmedsubiaco.com.au](http://sportsmedsubiaco.com.au)



# Hip & Knee OA

## Classes

These classes are specific for patients with hip and knee osteoarthritis and based on the latest evidence in osteoarthritis (OA) research.

### OA Treatment in Australia

OA is the most common lifestyle problem in individuals 65 year of age and older, but can also affect individuals as young as 30 years of age. Current clinical guidelines recommend patient education, exercise and weight loss as first line of treatment.

#### Our program involves:

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

Our program is delivered on site at our practice with a fully equipped gymnasium and hydrotherapy pool (if needed).

A referral from your GP is not required however an EPC referral entitles you to Medicare rebates. For patients attending privately health fund rebates may apply.

Once you have completed the program you have the option to continue supervised classes or alternatively we will provide you with a final program for ongoing independent exercise.

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