Active Physiotherapy Mackay



PHYSIO CORE

Physio core is a tried and tested form of exercise that is designed to improve 'function' via increasing strength, flexibility, endurance and co-ordination.

An unstable 'core' (lower back, abdominals and pelvis muscles) contributes to an increased risk of injury. Physio core at Active Physiotherapy Mackay is delivered by a qualified physiotherapist who is able to tailor a routine to individual needs and future goals.

$36.00 per Casual Class Pass or $285.00 for a 10 Class Pass
Health Fund rebates apply

FALLS PREVENTION CLASSES



This class incorporates standing balance, leg strength and bone stimulating exercises to treat osteoporosis and osteopenia, using body weight and small exercise props.

Unfortunately the consequences of a fall can be catastrophic such as a fractured hip or prolonged hospital stays. Advancing age does not mean that you need to become inactive. Standing activity improves bone density, makes leg and trunk muscles strong and can improve balance and reduce your risk of a fall.

Join our fall prevention and osteoporosis class to increase safety and fitness.

Classes Monday at 10.30am
$36.00 per Casual Class Pass or $285.00 for a 10 Class Pass
Health Fund rebates apply

RUNNING ASSESSMENTS



Do you have an injury preventing / disrupting your running?

At Active Physiotherapy, we specialize in the management of running injuries. Senior physiotherapist Suz, and physiotherapist Ellie have recently completed the 'Running Rehab: Running retraining, exercise and performance' course. Suz and Ellie have acquired the skills and knowledge to diagnose biomechanical deficits in injured runners and how common running faults can lead to injury.

Call 4953 3557 or use our online booking gateway to book your running assessment to receive advice and education on running retraining, exercise, footwear and other interventions for both injury and performance in running.

BIKE ASSESSMENTS

Everybody is different and sometimes we need to fit your bike to suit your specific anatomy, flexibility, strength or previous injuries. A bike fit can help any sort of rider - from the elite to recreational; those suffering pain or discomfort, or those just wanting to be as efficient as possible. At Active Physiotherapy our senior physiotherapists Nicole and Suz can help you achieve your ultimate cycling set up.

Call 49533557 or use our online booking gateway to book with Suz or Nicole today.

3/43 Gregory Street, Mackay Q 4740

Phone: 07 4953 3557
Find us on Facebook
www.activephysiomackay.com.au

Active Physiotherapy Mackay

Physio Core

PHYSIO CORE / BARRE / CIRCUIT / MUMS AND BUBS TIMETABLE

TUESDAY	PHYSIO CORE	7:30am - 8:15am	Max 6
WEDNESDAY	PILATES	12:30pm - 1:15pm	Max 7
SATURDAY	PILATES	8:00am - 8:45am	Max 7
SATURDAY	PREGLATES	9:00am - 9:45am	Max 7

DANCE AND TEENS PHYSIO CORE: Please register your interest at reception

PILATES PRICES

$25.00 per CASUAL Class Pass

$225.00 for a CASUAL
10 Class Pass
3 month expiry on 10 Pack

$36.00 per PHYSIO CORE
Class Pass

$285.00 for a PHYSIO CORE
10 Class Pass*
*3 month expiry on 10 Pack

Health Fund rebates apply*
(subject to individual private health policy conditions)

Physio core is a tried and tested form of exercises that has been helping people for over a century.
The original form has been modified as more research has emerged. It is designed to improve 'function' or ease of everyday activities, via increasing strength, flexibility, endurance and co-ordination. Many people also find the movements calming and a healthy addiction!

An unstable 'core' (lower back, abdominals and pelvis muscles) contributes to an increased incidence of injuries. In particular, lower back pain has been associated with poor control and endurance of trunk muscles. The physio core session is delivered by a qualified physiotherapist who is able to tailor the routines to your present condition and future goals.

The conditions assisted by Physio Core include:

- Back and neck pain
- High performance sports people wanting 'the edge' over competitors
- Anyone generally wanting a safe, fun and reliable form of exercise!
- Postnatal weakness, or prevention of such during a pregnancy, to assist with an easier delivery and recovery from birth
- Hip and shoulder weakness / impingement
- Deconditioned people after an injury
- Poor posture
- Pelvic floor safe exercise for people with prolapse or weakness

Our classes teach mat work (which is versatile, can practice at home) and resistance band exercises. Our physio core program is structured, with all class participants required to be assessed by one of our physiotherapists.
The cost of this physio assessment is $105 for 45minutes. Instant health fund rebates apply, the rebated amount depends on the level of your private health cover insurance.

A rebate may be available depending on your health fund. We keep our classes small to ensure you continue to receive individual assistance and leadership for sound technique observation.
We recommend attendance twice per week to allow progress towards your personal goals.

Please wear clothing that is comfortable and allows movement (stretch pants/shorts, fitted T-shirt etc).
Please also bring a towel and drink bottle. We look forward to seeing you in our classes.

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