

Aim Exercise Physiology's **Rheumatoid Arthritis [RA] program** offers *pain relief* and *improved function, flexibility, and joint range of motion* for those diagnosed with this condition. There is good scientific and epidemiological evidence for exercise benefits with RA. **Resistance training is a key element for success.** Exercise can be particularly helpful during a flare up. Exercise has also been shown to have a significant impact on mood - it increases your level of endorphins - the "feel-good" chemicals - which relieve pain and enhance mood. Serotonin, known as the "happy hormone" is also increased by exercise. Exercise also helps regulate sleep patterns and can provide a sense of accomplishment, both of which contribute to improvements in mood.

People with RA may find it difficult to adhere to an exercise routine due to pain stiffness or lack of confidence in exercise and are therefore more at risk of poor physical fitness and increased risk of chronic health conditions. As RA is a lifelong condition, exercise is vital for the effective long-term management of this condition.

Programs are run by our experienced team of Exercise Physiologists (EPs) and Physiotherapists (PTs) who have developed an evidence-based exercise rehabilitation program to suit your individual needs, taking into account RA severity and status. Performance progress and outcome measures are reported to specialists and General Practitioners (GPs) so they are kept up to date. Depending on individual needs and preferences, exercise can be performed at home, under supervision at our exercise studios, or a combination of both options.

Option 1: Supervised STUDIO Exercise program

Attending our exercise studio for supervised group exercise will reinforce correct technique, improve motivation & allow optimal progression of exercise.

Initial EP assessment & treatment plan (60min - Cost \$130)*
Assessment of symptoms, movement & functional limitations. A tailored treatment plan is developed in conjunction with the Physiotherapist. Pre-exercise screen is performed & initial home exercise prescribed.

Initial PT assessment & treatment plan (40min -Cost \$79.50)*
Assessment of symptoms, abilities & functional limitations. A tailored treatment plan is developed in conjunction with Exercise Physiologist. Initial home exercise is prescribed.

Home & studio program development (60min - Cost \$130)*
Individualised home & studio based programs prescribed in accordance with your needs and stage of rehabilitation. This involves a combination of weight bearing, Pilates and gym equipment exercises. Depending on your personal circumstances, further appointments may be required.

Supervised group exercise (12 x 60min - Cost \$252) *
Attendance either twice per week for 6 weeks, or once weekly for 12 weeks. All classes are supervised by an EP or PT. You are monitored and guided in each class & progressions are made as you go. Review and re-assessment at 6-12 weeks.

Key features + benefits:

1. Optimal **results** through access to specialised strength & conditioning equipment + progressive resistance training
2. Optimal **progress** due to supervision, upgrades, support, motivation, encouragement & program coordination.
3. Optimal **safety** due to close supervision of exercise technique, program upgrading and recovery.
4. Optimal **commitment, performance and adherence.**
5. **Fastest** progress and results.
6. PHI, Medicare + DVA **funding / rebates** apply.*

Option 2: HOME Exercise program

If you are unable to attend our exercise studio, home exercise can be prescribed. More frequent review is required to reinforce correct technique & assist progress.

Initial EP assessment & treatment plan (60min - Cost \$130)*
Assessment of symptoms, movement & functional limitations. A tailored treatment plan is developed in conjunction with PT. Pre-exercise screen is performed. Initial exercise prescribed.

Initial PT assessment & treatment plan (40min - Cost \$79.50)*
Assessment of symptoms, abilities & functional limitations. A tailored treatment plan is developed in conjunction with the Exercise Physiologist. Initial home exercise prescribed.

Home program development (60min - Cost \$130)*
Depending on your phase of rehabilitation and needs, a tailored home program can be prescribed. You will receive a printout of your exercises with pictures and detailed descriptions to help exercise performance & technique when unsupervised. Equipment you have at home will be used where possible [e.g. weights, bikes, etc]. Review and re-assessment at 4-8 weeks. Depending on your personal circumstances, further appointments may be required.

Key features + benefits:

1. Optimal **convenience** and **lowest cost.**
2. Printed program with pictures and descriptions.
3. Supervision and upgrading at regular clinic reviews.
4. Safety and results reliant on unsupervised technique.
5. Performance and progress monitored at clinic review.
6. PHI, Medicare + DVA **funding / rebates** apply.*

What to bring to your appointments

- Any relevant paper work from your GP or specialist.
- Relevant X-ray, Ultrasound or MRI reports.
- Comfortable clothing, walking shoes and socks.
- Any prescribed emergency medicine (e.g. Ventolin).
- Reading glasses (if required).

Cost	Initial Assessment:	EP visit 1:	60 minutes – \$130	EP visit 2:	30 minutes – \$70
		Physio visit 1:	40 minutes – \$79.50	Physio visit 2:	20 minutes – \$70
		Dietitian visit 1:	60 minutes – \$130 (optional extra)		
	Follow-up consultation: (if req'd) EP, PT, Diet: 30 min – \$70 incl.r/v outcomes, goals, experience, progression.				
	Group exercise: \$21/session; Concession \$19; PHI rebates applv*: Package & Membership discounts avail.**				

Funding + Rebates* Most **private health insurance** (PHI) funds cover Exercise Physiology + Physiotherapy services – check with your fund regarding your policy & the rebate you are entitled to. Our studios have **HICAPS** for on the spot rebate claims. Ask us about your eligibility for **Dept. of Vet Affairs** (DVA) or **Medicare** [EPC or Diabetes plan] funding.

Doctors referrals

No doctor's referral is required for private patients. A doctor's referral is required for eligible services under Medicare's EPC or Diabetes care plan, Dept. of Vet Affairs (DVA) or RTW-SA.

For appointment bookings and enquiries

T 08 8331 1557; F 08 8331 2579
web: www.aimphysio.on.net email: admin@aimphysio.on.net

Exercise studio locations:

Toorak Gardens, 363 Greenhill Rd
Oakden Medical Centre, 132-134 Fosters Rd, Hillcrest