

Aim Physiotherapy's **'Back pain rehab' or 'Physio Mat exercise' program** is a specialised exercise and lifestyle program with the goal of delivering cost-effective, quality care to individuals who:

- are recovering from recent back injury
- suffer from chronic back pain and want to improve self-management and daily function
- enjoy fun, mat or floor-based exercise in a small group environment [max. 2-4 people]
- would benefit from **Pilates-informed exercise** prescribed by physiotherapists as part of a treatment program
- have difficulty with home-based exercise program performance

It is a program of guided mat or floor exercises, focussed on restoring spinal mobility, control and stabilisation.

Programs are run by our experienced team of Physiotherapists (PTs) and Exercise Physiologists (EPs) who have developed an evidence-based exercise program to suit your individual needs, taking into account pain or injury severity and rehabilitation stage. There is evidence that mat Pilates improves dynamic balance, lower limb strength, hip and lower back flexibility and cardiovascular endurance (**DeSouza et al. 2018**). Equipment-based and mat Pilates modalities are both effective in the improvement of Transversus Abdominus activation in patients with chronic low back pain, with associated improvement on pain, function and kinesiophobia. (**Cruz-Diaz et al. 2018**).

Where appropriate, performance progress and outcome measures are reported to medical specialists and General Practitioners (GPs). Depending on individual needs and treatment plan, exercise can be performed at home, under PT/EP supervision at either of our exercise studios, or a combination of both options – see below.

Option 1: Supervised STUDIO Exercise program

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

Initial PT assessment + treatment plan (40min - Cost \$79.50)*
Assessment of symptoms, abilities & functional limitations. Tailored treatment plan + initial exercise prescribed.

Home & studio program development (20min - Cost \$70)*
Tailored home & studio exercise programs prescribed in accordance with your needs & stage of rehab. It involves a combo of Pilates mat exercises & stretches + uses a range of equipment [e.g. weights, rollers, mats, bands]. Dep. on your circumstances, further appointments may be required.

Pre-exercise screening- see website. (30-40min - cost \$70)++

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** - access to a Physio or EP with expert knowledge & skills in back pain + rehab exercise
2. Optimal **progress** due to direct supervision, upgrade, support, motivation, encouragement & coordination.
3. Optimal **safety** due to close supervision of exercise technique, program upgrading and recovery.
4. Optimal **commitment, performance + adherence.**
5. **Fastest** progress + results.
6. PHI, Medicare + DVA **funding / rebates** apply.
7. Exercise **variety + challenge.**
8. Suitable **floor space + equipment** for mat exercise
9. Optimal **instruction + tactile cues** for improved exercise technique and performance.

Option 2: HOME Exercise program [HEP]

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 PT assessment + treatment plan (40min - cost \$79.50)*
Assessment of symptoms, abilities & functional limitations. A tailored treatment plan is developed and initial home exercise prescribed.

Pre-exercise screening –optional for HEP (30min - cost \$70)++

Home program development (20min - Cost \$70)*
Depending on your phase of injury and rehabilitation, home exercise 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, foam rollers, mats, bands, etc].

Home program review (20min - Cost \$70)*
Review + re-assessment @ 4-8 weeks. Depending on your personal circumstances, further appointments may be req'd.

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 + classes

- Relevant reports e.g. X-Ray, Ultrasound, MRI reports GP/specialist referrals [initial appointment only]
- Comfortable clothing, grip socks.
- Any prescribed emergency medicine (e.g. Ventolin).
- Reading glasses (if required). [initial appointment only]

Funding, Rebates* + Concession rates**

Please note that most **private health insurance** (PHI) funds cover Exercise Physiology and Physiotherapy services – check with your fund for specifics of your policy and the rebate you are entitled to. All of our studios have a **HICAPS** machine for on the spot rebate claiming. Ask us about your eligibility for **Dept. of Vet Affiars** (DVA) or **Medicare** [EPC or Diabetes care plan] funding. Concession rates apply for Health Care card holders**

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 Affiars (DVA) or RTW-SA.

Pre-exercise screening ++

Assessment of risk factors (eg.blood pressure, HR response, conditioning, experience, restrictions) required before entry.

aim Physiotherapy - Better Health!

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