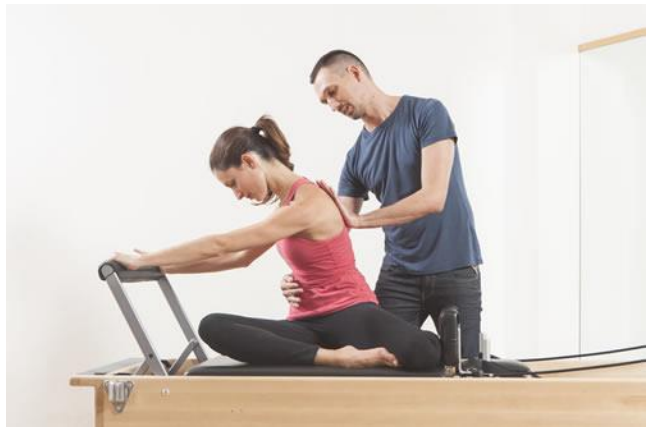




## Group Physio Exercise

On April 1 2019 our Clinical Pilates group name changed to **Group Physio Exercise**. This change was required in order to be compliant with the Private Health Insurance Reform. You can continue to claim your Private Health Cover extras as long as the exercise program does not consist solely of pilates exercises. Group participants who don't claim a Private Health Insurance rebate for their exercise sessions and prefer to focus on Clinical Pilates exercises can continue to do so.



At PhysioSpot we'll run **Group Physio Exercise** sessions similar to before the change. Sessions will be a mixture of rehabilitation and gym-based exercises, which may include exercises delivered on Pilates equipment or exercises drawn from Pilates that target your particular needs. We may also use Fit Balls, weights, resistance bands and other gym equipment to work on your problem areas.

We'll continue to provide individual assessments and tailored programs that we progress appropriately. Initial assessments are required to identify your main problems, determine what areas to focus on and establish your goals. A further two to three individual sessions are required before joining a group session. This allows us to develop a tailored program for your specific needs and familiarise you with the exercises and any equipment used to ensure you are performing the exercises safely and correctly.

Our groups are limited to four participants so that we can monitor the performance of your exercises and provide good supervision and guidance.

Individual re-assessments will need to be performed periodically to ensure that focus and goals are current and goals set are being achieved. Re-assessments may be required from 2 weeks to 6 months depending on the problem or condition.

You will be eligible to continue claiming through your health fund for **Group Physio Exercise** as long as the program addresses specific conditions or problems and goals set are reviewed periodically.

For further information call us on 9764 9359 or email [admin@physiospot.com.au](mailto:admin@physiospot.com.au)