



gerringong & kiama  
physiotherapy



# Physio S & C

Strength and Conditioning is an umbrella term. Under this umbrella fits a range of training modalities including high level balance and stability training, tendon conditioning, muscle training and end stage rehabilitation.



S&C promotes adaptations within the body to optimise function and performance in the context of your particular sport or activity.



All programs are designed to suit your individual needs and health and performance goals.



Build greater resilience to injury and achieve lasting results with your rehabilitation following injury or surgery



Physio S&C can help you reach your health, fitness and performance goals ranging from lifestyle and recreation, through to elite sport and end stage rehabilitation.

Class numbers are limited to 4 to allow maximum attention and guidance

Class	1 session	6 pack	expiry	12 pack	expiry
PhysioRehab	\$45	\$252 (\$42/class)	8 weeks	\$480 (\$40/class)	14 weeks
Physio S & C	\$45	\$252 (\$42/class)	8 weeks	\$480 (\$40/class)	14 weeks
PhysioOA	\$40	\$228 (\$38/class)	8 weeks	\$420 (\$35/class)	14 weeks
PhysioStrong	\$15	\$84 (\$14/class)	8 weeks	\$165 (\$13.75/class)	14 weeks
PhysioCore	\$35	\$192 (\$32/class)	8 weeks	\$360 (\$30/class)	14 weeks
Pre and post natal	\$35	\$192 (\$32/class)	8 weeks	\$360 (\$30/class)	14 weeks

### **Pre-Assessment:**



Physio S&C is a fully individualised class, where you will perform your own program designed by your physiotherapist. To create and tailor your program, we will need to conduct an assessment and a minimum of 2 x 1:1 'Quick start' sessions, billed at our usual consultation rates. This assessment is also required for claiming private health fund rebates.

### **Rebates:**



If you have extras cover including physiotherapy, you can claim using code 560. Please contact your insurer directly for a quote. When purchasing a 6 or 12 pack, you will need to pay in full, upfront. At the completion of your pack, we will provide a receipt of classes attended, which you can then claim with your insurer. HICAPS can only be used when purchasing a single, casual class.

### **Cancellation policy:**



We require 6 hours notice for any cancellation, or a fee of 50% of the casual class price will be incurred.

### **Package expiry:**



Please note the expiry dates on the 6 and 12 class packs above. Please carefully consider these when booking and purchasing your classes. These timeframes will only be negotiable in circumstances such as illness or injury, and at the discretion of Gerringong Physiotherapy management. Class expiry period commences on date of first class attended

### **Clothing:**



Please bring a towel and water to each class