

PHYSIOTHERAPY REHABILITATION SESSIONS



**STUDIO
LOCATION**

THE BODY  REFINERY

The Body Refinery

2/15 Lamington Street, New Farm QLD 4005

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Opening Hours

Monday - Thursday	6:00am - 8:00pm
Friday	6:00am - 3:00pm
Saturday	7.30am - 2:00pm
Sunday	Closed



WHAT IS CLINICAL REHABILITATION?

Clinical rehabilitation is the use of exercise as treatment to address specific conditions, injuries or concerns.

It is a set of exercises developed and guided by a physiotherapist specific to the you that directly relates to your areas of concern and assessment findings.

These exercise sessions may be conducted either one on one or in a semi-private format.

YOUR INITIAL ASSESSMENT

Your physiotherapist will ask questions and take a thorough history to understand you and your concerns. Most importantly you will be asked to set goals of what you would like to achieve by attending the clinical rehabilitation sessions.

From there your physiotherapist will conduct an assessment to identify your baseline level, which may include:

- Functional strength and endurance tests
- Static and dynamic balance
- Specific muscle strength
- Range of motion (mobility)
- Questionnaires

These will serve as a guide to developing your program so that the exercises chosen are at an appropriate level for you based on your current functionality, strength, balance and mobility.

Within this program there will also be an element of homework exercises for you to begin practising at home straight away.

YOUR FIRST CLINICAL REHABILITATION SESSION

Often it is necessary for patients to begin their rehab in a one on one format before moving into semi-private sessions (maximum 4 per class). This allows your physiotherapist to check your technique and ensure you are performing the exercises correctly. The extra guidance and assistance may also be required initially for some of the more challenging exercises.

The Body Refinery is lucky to have access to a wide range of equipment and as such your exercise program may include the use following:

- Small props: foam roller, therabands, balls, foam balance pads, the oov, small hand weights, kettle bells
- Pilates informed exercises using large spring loaded equipment: reformer, Cadillac/trapeze table, chair, barrels, ped-o-pull
- Core lign

The benefits of the rehabilitation sessions especially with the use of Pilates informed exercises on the large equipment are their ability to introduce resistance based exercises to build strength in a supportive environment and use breath directed movement. Furthermore depending on how the equipment is set up a movement can be worked on in a more assistive way and then progressed to moving against more resistance. This allows exercises to be set at an appropriate resistance for you.

Sessions run for 45min and are performed wearing only socks which allows increased sensory input through the feet. The range of equipment also allows for program variety whereby there are often several different exercise options to address your goals and assessment findings. Interchanging strength and balance exercises with those focused on mobility provides time for recovery during your session.

For more information on clinical rehabilitation please contact Kristen Eales:
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For appointment enquiries:
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