



Exercise Class Information

SuperSpine uses a unique combination of pilates, strength training and fitness to improve function and reduce pain. Each person is provided an individualized exercise strategy that matches their particular injury and their key goals for recovery. We use a range of exercise approaches; pilates (floor, reformer and trapeze tower), strength and resistance training, cardiovascular exercise, mobility and relaxation training, functional and sport-specific exercises.

The **DAVID** devices are used to both assess and train back, trunk and leg muscles. We use Pilates equipment to assist improving and strengthening movement control and cardiovascular fitness equipment to improve general resilience. The whole program aims to build fitness and dynamic strength through a full range of movement.

Class sizes range from one on one training, to small group classes with a maximum of five people per class, with all classes running for 55 minutes. We generally suggest an initial one-on-one assessment prior to joining a class so we can design a safe, individualized program to match your specific injury and rehabilitation goals.

Our exercise programs generally run on school term for the number of weeks within that term. Each class costs \$43 and the total amount of the term is paid at the beginning of each term so as to save a place within a class. Progress of strength and reduction of symptoms are typically noticeable between the 4th to 8th week of consistent training.

Class fees:

Term	: \$430 per 10 session term (pro-rata)
Casual class	: \$56 per session
Workcover/TAC approved classes	: \$5 out of pocket surcharge per class for approved classes to be paid at the beginning of term (to be paid in advance of classes commencing).

January 2020 (7/1/2020 – 1/2/2020) 4 week block only

Term 1 2020 (3/2/2020 - 28/3/2020) 7 or 8 week block depending on day of class - All make-up classes to be used by 9/4/2020 or forfeited. Please ensure 24 hrs notice of cancellation is given to reception to be eligible for make-up class.

	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm
Monday		9.30am P	10.30am P					P		P	P	P
Tuesday			P	P	P				P	EP	EP	EP
Wednesday										P	P	P
Thursday		9.30am P	10.30am P	11.30am P						EP	P	
Friday		P	P				P					
Saturday	EP	EP	EP	EP								

P: Physiotherapist, EP: Exercise Physiologist

Please note: It is the responsibility of the patient to contact their private health fund to determine their eligibility for a rebate prior to booking and beginning classes.

General Information and frequently asked questions

How many classes do I need to do?

We generally advise a 3 month training program. Exercise works best when implemented around three sessions per week. Superspine offers supervised exercise sessions but a weekly supervised session can be combined with self-managed exercise at home, at the local gym or pool. A common approach is to do one supervised exercise class per week and two self-managed, unsupervised exercise sessions per week.

What do I need to wear or bring?

Please wear loose comfortable clothing and bring a large towel. All equipment is provided. Socks should be worn for hygiene reasons on all equipment.

How do I use the class block?

Generally, classes are taken either once or twice a week. It is important that you book your class prior to attending. There is a maximum of 5 participants in a class.

Cancellations

We understand that plans sometimes change. If you cancel with 24 hours' notice, you have the option of a makeup class. **A maximum of TWO makeups is permitted per term** and should be taken before the end of the term. Makeups cannot be carried over into the following term.

Gym membership

Gym use outside of the class times is possible provided you have adequate training for safe use of the equipment and a gym program put together by the practitioner. The gym is available for personal use only as an extension of your class program. The fees for private gym use are:

Single session	\$ 15 (non-DAVID equipment)	\$ 25 (DAVID equip)
Per Week (2 or more sessions)	\$ 30 (non- DAVID equipment)	\$ 40 (DAVID equip)
Three-month program (unlimited use)	\$250 (non-DAVID equipment)	\$350 (DAVID equip)

Private Health insurance rebates

Depending on your level of cover, supervised strengthening classes are generally covered by your private fund insurance. Please contact your health fund for specific details. Exercise supervision by a physiotherapist is reimbursed at a different rate to an exercise physiologist. A receipt is printed at the end of the completed classes for that purpose.

