



## WELCOME.

**Physiofit Rehabilitation Solutions is committed to delivering an uncompromising active rehabilitation service that will help you to understand, control and manage your pain and/or injury**

Physiofit was established by a small group of Physiotherapists, with the aim of educating you about active ways of managing your pain. Time and time again, we are faced with patients who have become dependent upon passive forms of treatment (chiro, physio, osteo, massage etc), and who are searching for answers as to why their pain continues to return, or never went. Physiofit provides a number of answers and offers solutions in the form of education about posture, how to go about your daily activities and exercise. We not only teach you how to maintain the gains you have made after “hands-on treatment,” but we also aim to help you prevent recurrences. Physiofit professionals will educate you about your particular body constitution and advise you on the most suitable exercises for you. We will provide you with the know-how and the confidence to participate in activities you may have been afraid to try or activities that time and again have led to a recurrence of your symptoms.

**Physiofit is a flexible service.** Programs can be tailored to be carried out in the clinic, at your home, or in the gym. We offer services to Private, Third Party and Workers Compensation patients.

The first appointment lasts at least 1 hour and will involve a top to toe assessment looking at your pain/injury history, current physical ability, body type, posture, muscle function (“core” stability, endurance and strength), and flexibility. Please wear or bring **comfortable loose clothing** (shorts and t-shirt are best). We will be using an ultrasound machine to look at your deep supporting muscles and as such require you to have a full bladder at the time of your consultation so please drink **2 big glasses of water** 40-60 minutes prior to your appointment.

At this assessment we will also spend time discussing your needs and your goals to be able to design the best management plan for you. At the end of your assessment we will provide you with a written plan identifying areas of concern and what we feel you need to ensure your goals are achieved. This will include a guide on how many sessions you may need, the time frame the sessions will likely be delivered in and the results we feel you can achieve.

How many times you will come and the time frame will vary based on many factors including what your goals are, how strong your pain is, how long you have had it for, how many areas are not working properly, how quickly your body learns, how much time you have to give to your goal and then how much time you actually give ;-). Our average client will see us 10-12 times (30 minute sessions) over 3-6 months.

Whilst Physiofit cannot guarantee to resolve all your pains completely, we do guarantee to provide you with the knowledge and skills required to better manage and cope with it, as well as improve your general activity tolerance and confidence. Worst case scenario, most clients comment that they can now do more without the pain also increasing and they feel they know what to do to help themselves rather than being reliant on other people to fix them.