



Introducing our Empowered Living: AS/SpA Program

Join us and take control of your health!

What to Expect:

- Delve into a comprehensive understanding of your AS/SpA condition.
- Discover how exercises can work alongside medications for sustained wellbeing.
- Master techniques to manage and prevent flare-ups effectively.
- Boost your mobility, strength, and cardiovascular health.
- Feel more energetic and confident in your daily life

Invest in Your Wellbeing:

Our 6-week program is tailored for individuals with AS and other forms of spondyloarthritis who are looking for ways to alleviate pain and stiffness. Embark on a journey with us to enhance your health and wellness.

Initial Assessment and Program Coordination

- 45-60 minutes with our Exercise Physiologist & Physiotherapist = \$236

6-Week Comprehensive Program Inclusive of:

- 12 Group exercise sessions where you will learn personalised exercises focusing on mobility, strength, and aerobic training based on your individual needs.
- Informative educational workshops related to AS/SpA
- Seamless communication with your trusted healthcare professionals.
- Program Review and Outcome Measurement: \$970

Unlock Potential, Reap Rewards:

If eligible, private health insurance may offer rebates for the initial and final reviews. Please note that rebates are case-specific and cannot be guaranteed. Your transformative journey is worth every investment.

Maximize Your Success:

- Embrace the timeframe and commit to 2 weekly exercise sessions over 6 weeks. Choose from:
 - In-person supervised small exercise groups
 - Online live virtual guided exercise sessions
 - Or a combination of both
- Occasionally, customized one-on-one sessions may be advised for optimal results. These sessions will be tailored to your needs and charged separately.

Beyond the Program:

- You will be empowered to continue exercising, managing flares, and remain focused on your wellbeing
- Your progress and program outcomes will be reported to your treating doctor/practitioner and/or your GP

Frequently Asked Questions (FAQs)

How is success measured?

We monitor your progress using specific validated measures such as the BASMI, Enthesitis score, PSFP, aerobic capacity tests, and BASFI.

Is upfront payment required?

Commitment is essential. Paying upfront allows you to fully immerse yourself in the 6-week program and witness significant improvements.

Can I participate virtually?

Yes! While in-person assessments and final reviews provide more detailed insights, our virtual supervised exercise groups and educational workshops ensure excellent results.

What if the program isn't suitable for me?

We'll collaborate to design a plan that resonates with your personal goals. Our dedicated physiotherapists and exercise physiologists are here to guide you.

Can I pause the program?

With adequate notice, you can temporarily pause the program for absences of 7 days or more. We understand that life happens, and we'll approach any special circumstances with understanding.

What benefits can I expect from a subsequent program?

Engaging in a subsequent program can potentially lead to even greater benefits, building on the foundation of the initial 6 weeks and further enhancing your health and wellbeing.

**Unleash Your Potential.
Embrace Empowered Living.**