



Introducing our BJC Fibromyalgia Program

Join us and take control of your health!

Our Fibromyalgia Program is designed with these key goals in mind:

Managing Chronic Pain: Targeted exercises and techniques to help you gain control over your pain symptoms.

Enhancing Flexibility and Mobility: Improve your range of motion and reduce stiffness, making daily activities more manageable.

Boosting Mental Well-being: Through mindfulness and relaxation techniques, elevate your mental resilience against the challenges of Fibromyalgia.

Educating on Fibromyalgia Management: Equip you with the knowledge and resources to manage your symptoms and improve your quality of life.

Increasing Functional Strength: Customized strength training exercises to enhance your functional capacity, empowering you to perform daily activities with ease.

Investment

Initial Assessment and Program Coordination

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

6-Week Comprehensive Program Inclusive of:

- 6 x 45 min one on one coaching sessions
- Curated educational resources and online workshops
- Access to our online exercise library and classes = \$1,068

What will be covered in the 6-week program?

☀ Week 1: Understanding Fibromyalgia

We introduce you to specific Fibromyalgia education, detailing how it can impact your wellness and we explore the concept of pacing daily tasks.

☀ Week 2: Pain Management

We begin to explain and explore pain and you will also learn how to monitor exercise intensity and set achievable goals related to your daily tasks.

☀ Week 3: Flexibility & Mobility

Participate in supervised mobility drills and receive guidance on implementing these into your daily routine.

☀ Week 4: Mental Health & Lifestyle

Together we explore mental well-being, sleep hygiene, and dietary habits. Set SMART goals and learn about healing behaviors to improve your well-being.

☀ Week 5: Aerobic & Resistance Exercise

We review the benefits of both aerobic and resistance exercise. Receive personalized exercise prescriptions and revisit pacing strategies to align with your goals.

☀ Long-term Strategies

We wrap up the program with a review and long-term goal setting. Discuss the importance of a support network and create a plan for moving forward with lifestyle coaching principles.

REBATES

With suitable private health insurance, you may qualify for rebates. However, as the program is individually tailored, its specifics will only be known after your initial assessment, and we can't guarantee rebates. It's safest to assume no rebate is forthcoming.

BEYOND THE PROGRAM

You will be empowered to continue moving and remain focused on your wellbeing. We will support you in setting up a plan that you feel confident continuing. 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 will monitor your progress using specific measures such as the Fibromyalgia Impact Questionnaire, Timed Up and Go and a range of strength measures.

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 sessions can provide more detailed insights and supervision, the one on one sessions can also be done virtually.

What if the program isn't suitable for me?

We'll collaborate to design a plan that resonates with your personal goals. Our dedicated 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.

Unleash Your Potential.