



# Introducing our Empowered Living: AS/SpA Program

**Join us and take control of your health!**

## What to Expect:

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- 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:

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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 = \$228

### 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: \$936

## Unlock Potential, Reap Rewards:

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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:

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- 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:

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- 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)

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## 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.**