



Introducing the BJC Functional Shoulder Program

Join us and take control of your health!

This program is specifically designed for individuals experiencing shoulder pain due to degenerative joint changes or rotator cuff tendon issues. It is also beneficial for those in the stage 3/4 phases of a frozen shoulder to help regain function and mobility.

Aims of this program are to:

- Reduce pain in the shoulder and/or upper limb
- Minimize reliance on pain medication or joint injections
- Enhance range of motion and strength
- Reduce strain on the neck
- Improve ability to perform daily activities
- Build trust and confidence in your shoulder joint

How do I start?

1. Have an initial assessment with a Physiotherapist and Exercise Physiologist to determine suitability of program commencement, and whether additional manual therapy and/or specific early-stage rehabilitation is needed.
2. If suitable, commit to the 6-week program.
3. Initially we expect you will start with our Physiotherapist. The program includes 4 sessions where the Physio will focus on providing pain relief and self management strategies.
4. Commence small group classes with our Exercise Physiology team. Learn specific shoulder strengthening exercises and be supervised as you progress.

Cost:

Initial Assessment and Program Coordination

- 45-60 minutes with our Exercise Physiologist & Physiotherapist = \$228

6-Week Comprehensive Program Inclusive of:

- 4 x Physiotherapy Consults
- 8 x Group Exercise Sessions
- Regular communications with your treating doctors/health professionals
- Program Review and outcome measurement = \$1,174

Rebates

If you have the appropriate private health insurance cover, you may be able to receive a rebate, especially for all one-on-one consultations. For group exercise sessions, it is best to assume a rebate is not available.

How do I achieve the best outcomes with such a program?

- Outline your goals
- Align expectations of the program i.e determine a realistic outcome after 6 weeks
- Occasionally, you may require more one-on-one sessions outside of the program to optimise your outcomes. These will be explained to you with approval sought as they will be charged for separately.

WHAT HAPPENS AFTER THE PROGRAM?

- Plan how to continue exercises and maintain shoulder health.
- Continue learning about your body and what else you can do to help yourself eg. weight loss, better sleep, positive mindset



Frequently Asked Questions (FAQs)

What outcomes will be measured to determine success?

Disabilities of the Arm, Shoulder, and Hand Score (DASH)
Shoulder Pain and Disability Index (SPADI)

There will be specific movement patterns in your initial assessment that we can utilise as baseline measures as well.

Do I have to pay for the program upfront?

Yes, we know that commitment to the 6 week program is critical. Payment up front will create accountability. It is the consistency of attendance that will get you the outcome.

Can I place the program on hold?

If you are away for 7 days or more and you are able to give us reasonable notice, you may place the program on hold. There may be other extenuating circumstances but these will be dealt with on a case by case basis.

Am I able to do this program virtually?

Yes, you can. It would be ideal to do your initial assessment and final review in person to get better outcome measures. Our supervised exercise groups are run virtually as well as our education workshops.