



Introducing our Rheumatoid Arthritis Management Program

Join us and take control of your health!

Take charge of your health with our dedicated Rheumatoid Arthritis (RA) Management Program. This program is specially designed to help you manage symptoms, enhance joint functionality, and improve your overall quality of life.

Program Objectives:

- **Reduce Pain and Stiffness:** Implement targeted strategies to alleviate joint pain and stiffness.
- **Enhance Mobility:** Improve your range of motion and daily functional capabilities.
- **Decrease Inflammation:** Employ techniques to reduce inflammation and prevent further joint damage.
- **Boost Daily Activity Levels:** Increase your capacity to perform daily activities with greater ease.
- **Promote Long-Term Wellness:** Equip you with the knowledge and tools to sustain your health improvements.

Program Details:

1. Initial Joint Consultation:

Start with a comprehensive 45-60 minute session with our skilled Physiotherapist and Exercise Physiologist. This session includes an assessment of your mobility, RA symptoms and a discussion on additional services such as podiatry and hand physiotherapy.

2. Customised One-on-One Sessions:

Participate in six personalised one-on-one sessions over six weeks with our Exercise Physiologist, tailored to address your specific RA challenges.

3. Integrated Care Options:

Based on your initial consultation, we may integrate specialised services like podiatry or hand physiotherapy into your program to enhance your treatment outcomes.

4. Program Conclusion and Review:

Your sixth and final session will involve a review of your achievements and plan future management strategies, including the option to join supervised group exercises for sustained health benefits.

Investment:

Initial Assessment and Program Coordination

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

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 = \$1,032

NB: Additional Services will incur extra costs but these will be discussed during the initial consult

PROGRESS BEYOND THE PROGRAM:

Upon successful completion, consider participating in supervised group exercise sessions with our exercise physiology team to maintain mobility and continue strengthening your joints.



Frequently Asked Questions (FAQs)

How is success measured?

We will monitor your progress using measures appropriate to how you present

Can I claim any rebates for this program?

Rebates may be available if you have the appropriate health insurance coverage for allied health, especially exercise physiology. Please check with your insurer for specific details related to extras cover and which services are included.

Is upfront payment required?

Yes, to encourage full commitment to the program, upfront payment is necessary. This commitment helps ensure the best possible outcomes.

Is a virtual participation option available?

While we recommend in-person sessions for optimal support and assessment accuracy, virtual sessions are available for those who prefer or require them.

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.

Empower yourself to lead an active, healthier life despite Rheumatoid Arthritis. Join our program today and take your first step towards a better quality of life!