Group Rehab Classes in Manly

Whether you have neck, back or pelvic pain, are tired of feeling stiff and inflexible or are just looking to get stronger, improving core and athletic performance, then a group rehab class at In Balance Physio and Pilates is just what you are looking for. Our group rehab classes consist of functional, movement based exercises, aiming to build strength, flexibility and control. There is a particular focus on the core and stabilising muscles of the body which protect the joints from injury and provide a stable framework for efficient movement to occur from.

What to expect

While you will certainly work hard and should feel more limber and stronger, our rehab classes differ from other forms of exercise in that it is not about getting your heart rate up or cracking a sweat. The classes are 1 hour long and always supervised by an experienced physiotherapist.

Type of class

Our classes are a max of 4 participants per class and each person has their own individualised program, tailored specifically to their needs and ability levels. Having a small group class with individualised programs allows us to safely push you as hard as you need or wish, while working around any problems and injuries that you may have. The classes use a range of specialised machines, combining these with the smaller apparatus and mat exercises. The equipment adds resistance to the exercises via sets of springs which can be set to varying levels of resistance for different exercises and ability levels.

Why Do I Need An Assessment?

Before joining a class, we do require that you attend a 60 minute assessment with one of our physiotherapists. During this session, we take a medical history from you to ensure that you are safe to join the class and use a real time ultrasound to image your core muscles and show them to you on the screen. This is invaluable in teaching you what a good contraction of

E: admin@ibphysio.com.au | T: 02 9976 3540 | F: 02 9976 3290 | Suite 14, Level 2, 22 Darley Road, Manly, NSW 2095 Australia

the core muscles is and in making sure that you can turn them on well. The ultrasound is a completely non-invasive comfortable test. Finally, we will have a look at the way you sit, stand and move. There are several poor postures and movement patterns that allow the core and stabilising muscles to become lazy and without identifying and changing these, you often don't get the full benefit of performing the exercises. You will then go through range the exercises one on one with a physio to teach you the basics.

Prices

If you have extras cover, you are likely to be entitled to a rebate from your private health insurance for rehab classes conducted at In Balance Physio and Pilates under the group exercise provision. The amount of rebate will vary considerably between funds and you should contact your fund for more information.

Please contact the practice for more information on class costs and timetable.

E: admin@ibphysio.com.au | T: 02 9976 3540 | F: 02 9976 3290 | Suite 14, Level 2, 22 Darley Road, Manly, NSW 2095 Australia