



Robina  
Private Hospital

## Better bodies

Providing tailored exercises, including functional balance, strength and endurance exercises to help you meet your individual goals and live a safer and healthier life.

**Aurora**



## About the program

This is a one-hour small group exercise program run by our physiotherapy team. The program includes an initial one-on-one assessment with a physiotherapist which will allow you to set personalised goals and plan a tailored exercise program suited to your needs.

## Who is this program for?

This program is perfect for anyone interested in maintaining and improving their physical abilities. This may include but is not limited to:

- People experiencing falls
- Neurological conditions:
  - Stroke
  - Parkinson's disease
  - Multiple sclerosis
- Decline in abilities
- Post fracture
- Balance disturbances

If you are unsure if our program is suitable for you, please contact one of our friendly team members.

## When is it held?

Please contact our rehabilitation team for available session times.

## How much does it cost?

An initial one-on-one 60 minute consultation with our physiotherapist is \$150.00. Each group session is \$45.00. Individuals with private health extras cover may be able to utilise their health fund to provide a rebate.

## How to join

No Referral is required.

To find out more about joining our program and discuss the best options for you, please contact:

**Robina Private Hospital**

**T: 07 5665 5100**

**E: [rbn.rehab@aurorahealth.com.au](mailto:rbn.rehab@aurorahealth.com.au)**

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