

Hip & Groin Pain Rehabilitation Programs

At Physiotec, we design programs that aim to achieve best outcomes for each individual with hip, groin and pelvic pain. Our programs are:

- ❖ **individualised to address each person’s specific issues** (e.g. particular areas of weakness, certain postural or movement habits, reduced or excessive flexibility)
- ❖ based on the **latest research evidence**
- ❖ informed by a **wealth of clinical experience in this field**
- ❖ designed by **Dr Alison Grimaldi, expert physiotherapist, researcher and educator**

Following a detailed assessment and establishment of key personal goals, measures for reassessment to track progress and development of the first stages of your home program, your physiotherapist may recommend you **join our Hip Program to Fast Track your Rehab**. The program is offered in 6-week blocks, where you attend 1-2 supervised exercise classes per week. These classes are station-based classes, which means you will perform exercises at a number of stations. The exercises performed at each station will be specific for your individual needs. You will also receive a 15minute one-on-one brief check-up before or after one of your classes each week. This is your time to ask any specific questions, alert the physio to any difficulties you are having and for the physio to update your home program, to ensure you progress at as fast a rate as possible.

Prior to each 6-week block, goals will be set to improve specific issues related to your pain or functional difficulties (e.g goals to improve muscle strength or function, range of motion, balance etc). The program includes an individual 30-minute physiotherapy reassessment session on completion of each 6-week block, to retest key issues that were measured prior to commencement. If there are further goals to be achieved, you and your physiotherapist can set new goals for another block or you may now feel confident to continue your exercise program at home with intermittent physiotherapy check-ups.

	Once/Week Program	Twice/Week Program
Length of Program Blocks	6 weeks	6 weeks
Includes:	6 x 30 minute supervised exercise sessions	12 x 30 minute supervised exercise sessions
	1 x 15 minute individual check-up & program review, before or after one exercise class/week	1 x 15 minute individual check-up & program review, before or after an exercise class
	1 x 30 minute individual physiotherapy reassessment, at the end of the 6 week block	1 x 30 minute individual physiotherapy reassessment, at the end of the 6 week block
	Free PhysiTrack App where you can watch videos of your home program exercises, track your progress & talk with your physio.	Free PhysiTrack App where you can watch videos of your home program exercises, track your progress & talk with your physio.
Cost	\$580	\$760



Hip Program Class Times for 2019:

Tuesday 8.30am

Wednesday 11.30am

Thursday 6pm

Friday 2.30pm

Note: You can start your blocks whenever you choose, as these programs are individualised and everyone will be progressing at their own rate.

