



CQUNIVERSITY ROCKHAMPTON HEALTH CLINIC

'WORK IT CIRCUIT' MAINTENANCE CLASS



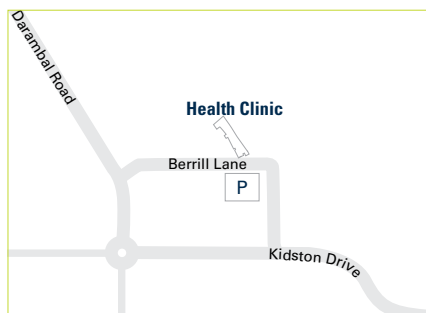
WHAT IS THE PROGRAM?

The 'Work It Circuit' program is a physiotherapy exercise class held at CQUniversity Health Clinic North Rockhampton campus. This class is designed to provide a service for clients to make functional and physical improvements by:

- » Providing an individualised and supervised exercise program – performed once or twice a week
- » Providing an individualised home exercise program – for outside of the class
- » Education and advice about self-management strategies and progressions

You will receive an initial appointment to assess your suitability for the class; including a physical assessment and questionnaires.

If you are assessed as both suitable and safe to participate, you will be included into this program. Classes will be led by 3rd and 4th year physiotherapy students on their clinical placements and supervised by a senior physiotherapist with AHPRA registration. Exercise classes will be available for one hour every week between the hours of 8 am – 4 pm.



Ongoing re-assessment will occur throughout the classes, further assessments may be suggested by the physiotherapy students/physiotherapist if your condition changes. A re-assessment is required at least once every 6 months or earlier as stated.

THIS PROGRAM IS FOR

- » Participants over 18 years of age are welcome

ELIGIBILITY CRITERIA

- » Completed an initial assessment at the student-led Physiotherapy CQUniversity Health Clinic and assessed as safe to participate.
- » Ability to get down onto and off the floor or plinth / bed
- » No open wounds or recent surgeries
- » No uncontrolled pulmonary, cardiac or neurological conditions
- » Medical clearance provided by your GP if required
- » Be able and willing to participate in supervised group exercise classes and perform prescribed exercises / activity with relative independence

REFERRAL

- » Central Queensland Community patients = No referral needed
- » External to the CQUni Health Clinic = Call to the CQUni Health Clinic or GP Referral.

WHAT TO EXPECT

Each class will have a maximum of six participants who will be divided into two groups incorporating:

1. Warm up
2. An individualised prescribed exercise program

Equipment used includes: Swiss balls, medicine balls, resistance tubing, weights, cycling machines and balance equipment

PRICES

Initial Session _____ \$30
Program Sessions _____ \$10 per session
Reassessment _____ \$30

YOU NEED TO BRING

- » Towel
- » Water bottle
- » Comfortable exercise clothes
- » Enclosed and lace-up joggers.

APPOINTMENTS

Please arrive at least 15 minutes prior to your scheduled appointment to register your attendance.

Please provide the names and dosage of any medications you are presently taking for your initial consultation.

Please always advise students and staff of any changes in your health, medications and treatment programs since your last attendance.

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