

BACK 2 YOUR BEST REHAB PROGRAM



The B2YB rehab program is created to give you everything you need to not only make a full recovery but to ensure you are able to build and maintain your overall fitness, strength and health. We have put together all the essential components of a program that will guarantee your rehab success. An effective and individualized strength & rehab program, great coaching, weekly treatments, a fun comfortable environment all performed at our clinic (or online) to make sure you get Back 2 Your Best.

PROGRAM DETAILS



Weekly Treatment Sessions	✓
Individualized Training & Rehab Program	✓
Rehab Classes - 4 Sessions Per Week - 5:00-6:30pm T/W/T	✓
Open Gym Time (2-5pm)	✓
Running & Field Sessions - 6:30am Friday	✓
Monthly Testing Sessions	✓
24/7 Support	✓

Terms & Conditions

The Back 2 Your Best ensures you wont need the extra costs of a gym membership, PT or other allied health services.

Investment:

\$165pw for the duration of the program (Direct debit or paid upfront).

Private health/DVA/Sports insurance rebatable

Flexible membership pauses

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FAQ

When are the class times and what happens if I cant make them?

Class times are 5:00pm - 6:30pm on Tuesday, Wednesday, Thursday and 7:00am on Saturday morning. We also have a field session at Bill Patterson oval at 6:30am on a Friday morning.

If you cant make a class time you are more then welcome to come to our clinic gym between 2-5pm for open gym time. Alternatively, some people choose to train at home or at another gym, although this isnt ideal we can certainly do the program in that way.

What happens if I need to pause my membership?

We understand that you may need to place your membership on hold so we allow for up to 4 weeks to pause your program. These weeks will be added onto the end of your program. If you do require more time we can certainly discuss this at the time.

What are my payment options?

We offer 2 methods of payment. Option 1 is via direct debit on a weekly basis. Alternatively, upfront payment is accepted as well.

The program is also covered via private health (with Chiro cover), DVA and sports insurance which can be claimed at each of your treatment appointments.

What happens if I am unable to attend my appointment?

If you are unable to make one of your weekly treatment appointments we are able to do a make up session the following week as a double appointment (subject to availability).

How do I make my appointments?

Your appointments are made when you sign up at a time thats most convenient to you. We book your appointments in for the duration of the program so you are able to have your preferred time for the duration of the program.

How do I access my program?

Once signed up you will be invited to join Train Heroic, the App we use to write your program. You will be able to use this app in your session to follow your program