



Move Well Stay Well

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BodyFit Fact Sheet

With injury or illness your fitness program will need to be customized to meet your needs and your goals.

The BodyFit program is designed to:

- **Review Fitness** - where you are now and what could be improved – weight /cardio /strength /mobility.
- **Rehab Injuries** - exercises specific to your rehab designed by an experienced physiotherapist.
- **Restore Ability** - specific to your needs.
- **Reach Goals** - modified goals that are realistic and important to you.

BodyFit is suitable for conditions such as:

- **Post-operative rehab** - after joint replacements or spinal surgery.
- **Medical Conditions** - such as diabetes, heart disease, cancer.
- **Chronic Injuries** - like shoulder instability, tendonitis or patello-femoral pain.
- **Multiple Trauma** – car accidents and falls resulting in fractures and multiple soft tissue injuries benefit from customized exercise.

Ross Baines is an experienced physiotherapist with an interest in exercise rehab to help patients get fit for life and to manage some mechanical issues as they do so. Ross will use his experience with strength and conditioning, spinal mobility, circuit training, run drills, swim drills, pilates and functional exercise using kinetic link training to customise an exercise program at our onsite private gym, adjacent Parkside Resort gym & pool and local Beacon Hill Park.

The people that will suit this Bodyfit program will:

- Be ready to try and capable to exercise.
- Pass the medical screening for exercise PARQ.
- Have goals they want to achieve.
- Be consistent in attending appointments. No show or late cancel fees will apply.
- Be available to attend – mornings 7:30am / lunch 1pm Mon or Wed / evening 5pm Mon.
- Be prepared to make an investment to move well and stay well.

The basic Bodyfit program will be:

- 5 - sessions of one hour duration, 30 minutes supervised and an additional 30 minutes completing a program I set for you at our facility.

The base 5 session BodyFit program will involve:

- **#1** Assessment of injury concerns / PARQ screening / Screening exam of flexibility and joint mobility / identify goals & interests / look at facilities. No exercise at this session. If either party feels that the program is unsuitable there is no obligation to continue.
- **#2** Warm up / flexibility / core work – customised.
- **#3** Repeat **#2** and add cardio.
- **#4** Repeat **#3** above and add functional strength training.
- **#5** Repeat **#4** and add more functional strength training or sport specific training.

After 5 sessions you can continue with me on **Bodyfit** or take what you know to exercise independently.

The fees are \$130 per session and can be billed as physiotherapy for you to claim on your insurance.

Call PhysioPlus at 250.220.7205 or email us at admin@physioplusvictoria.com