



Initial Consultation Information Pack

Thrive Clinic Protocol

The Thrive Clinic is a clinically supervised group training venue that offers cognitive, musculoskeletal, cardiovascular and neuromuscular training for the prevention and management of chronic conditions and injury. We consider the whole person, not just their presenting condition and symptoms.

We believe exercise is an important conservative treatment which can be administered to manage and prevent secondary complications and symptoms, and assist GPs in accurately determining primary and secondary symptoms.

Our protocol, Mindful Cognitive Movement Therapy (MCMT) is simple, repeatable, highly-effective and sustainable. As supported by research literature, we have observed a high level of consistency and adherence to supervised in-clinic programs versus at-home exercise programs.

Mindful Cognitive Movement Therapy (MCMT) Protocol

Aim: to reduce psychological objections to exercise, improve adherence, mind-body connection, and general psychological disposition and mindset.

Stage One: Connect

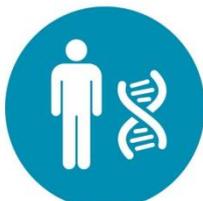


connect

Mindfulness practice is introduced in stage one and two, *Connect* and *Observe*.

Breathing awareness helps to improve postural alignment, reduce the negative effects the autonomic nervous system can have on the endocrine system which improves general systemic homeostasis. Deep controlled breathing reduces physical stress indicators including blood pressure, cortisol levels, heart rate and passive muscular tension.

Stage Two: Observe



observe

Mindful observation of your joints and muscles improves proprioceptive and somatic awareness. It reduces negative self-talk and improves patient's ability to feel, understand and differentiate between negative and positive pain and discomfort feedback. A complete body scan helps identify any acute tightness or postural changes that may have arisen from day-to-day life, such as tight or sore muscles, stiff joints and overall rating of fatigue prior to exercise.

Stage Three: Prime



prime

Tight joints and muscles that have been identified during the body scan are addressed and appeased with self-administered soft tissue management. Use of spikey balls and foam rollers helps to trigger and release soft tissue. Specific tertiary postural exercises are used to prime (fire up/activate) important smaller muscles so that the body is comprehensively prepared for exercise both psychologically and physically.



Stage Four: Play

Functional strength exercises are a key component that helps promote healthy bone density, improve postural strength and alignment, muscle recruitments, and hypertrophy for illness and injury prevention and rehabilitation.

Cardiovascular fitness is developed and improved through high intensity interval training (HIIT). This style is used to provoke dorsal weight loss, improve lung function, cardiovascular function, hormone stability and positive changes in blood chemistry to help improve cognition, mood, general disposition and energy levels.

10-Day Intensive Mindfulness Introduction

Commencing every exercise session with MCMT helps clients improve capacity for work and overall performance. It improves mindset and reduces injury rates. This results in more regular exercise participation and enhances physiological adaptations.

With the 10-day mindfulness induction, we hope for you to achieve a stronger mind-body connection. With a greater body awareness and mindset, you can step confidently, both psychologically and physiologically, into any situation. It is important to complete the mindfulness practice twice a day for 10 days to develop a regular and healthy habit.

To Access: www.theexercisetherapist.com

- Home
- Workshop Attendees Gift
- Password = runfree
- 1. Daily Practice Podcast; 2. Instructional Video

Four Stages of Exercise Progression

Your specific exercise program will be developed based on what we believe are the four fundamental requirements of exercise progression:

1. Functional Conditioning of Key Postural Muscles in Isolation

Although Pilates-based exercises are ideal for the improvement of functional postural conditioning in the early phase of exercise and rehabilitation, it's important to return the individual to full functional loading specific to their lifestyle/activities of daily life. This exercise progression allows the individual to learn how to recruit muscles correctly and effectively, and then put this development into practice through everyday functional movements.

2. Neuromuscular Development of Basic Postural and Sports Specific Motor Patterns

Nerves and muscles require a lot of behavioural reinforcement of patterns and pathways for functional and coordinated firing and performance. By using exercises and balance activities that develop healthy positive neuromuscular pathways you build on the integrity of the system. The stronger the pathways, the lower the risk of injury due to poor biomechanics.



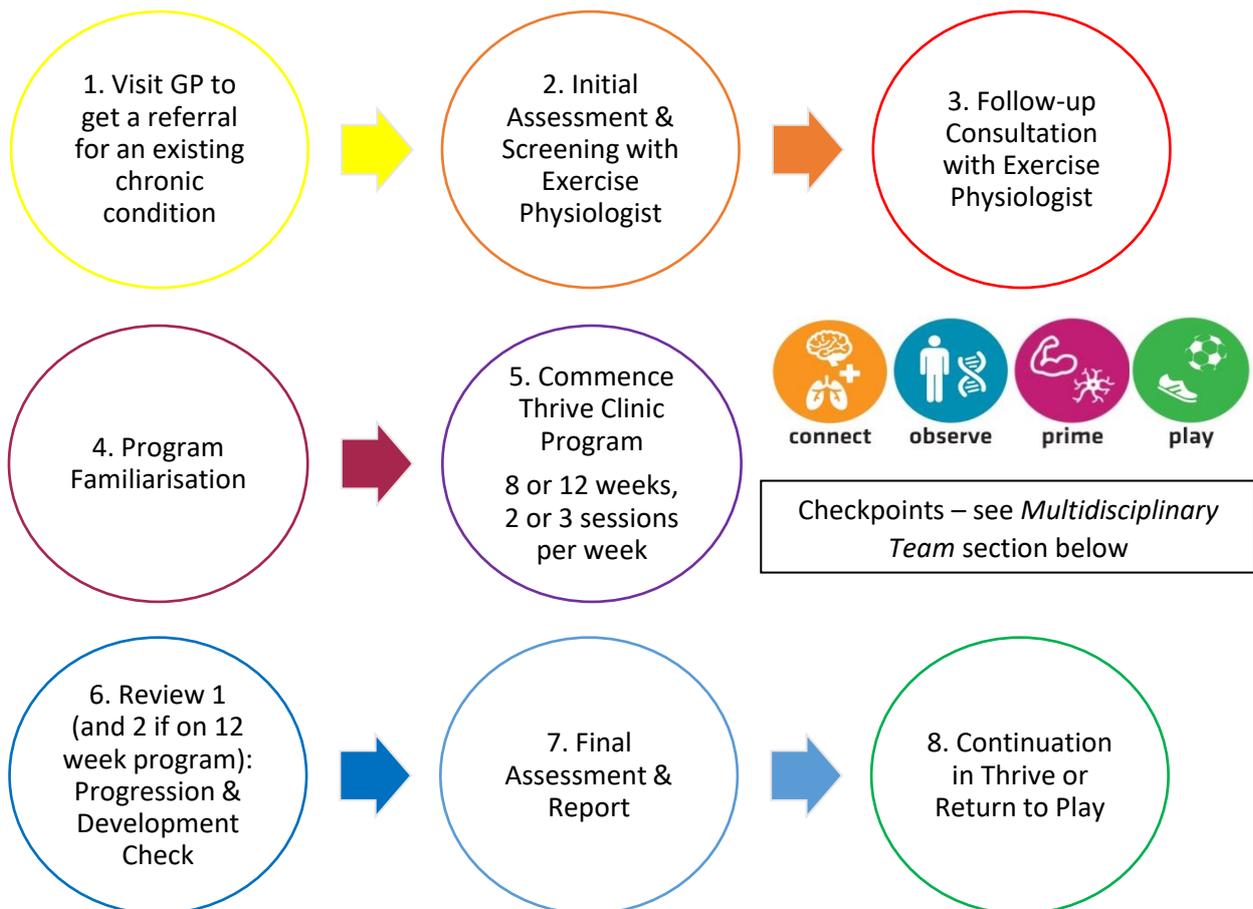
3. Strength & Conditioning Training

Once neuromuscular pathways are developed and strengthened, muscles, joints and ligaments can then start to be challenged with resistance training. If the first two steps are missed or underdeveloped then the individual will have an increased risk of injury, poor biomechanics and negative bone loading along with a decreased capacity to work or perform.

4. Maintaining Confidence, Mental Strength & Resilience: Return to Play

We all experience highs and lows with our health and wellbeing, leading to secondary physical and psychological symptoms, and further isolating us from our usual ability to carry out daily life and leisure activities within the community. It is important for all individuals to maintain a healthy biochemistry and outlook with regular exposure to HIIT, breathing practices and mindfulness. Our aim while on your Thrive Clinic journey is to provide you with the tools and knowledge to be able to return to your chosen activity of play, with the ability to put what you have developed into unsupervised practice.

Thrive Clinic Patient Experience





The **Thrive Clinic**

21 Stuart Street

Mosman Park, WA 6012

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Payment of Thrive Clinic Program

Program Options

2x8 = \$412.50 = \$25.80 per session

2x12 = \$528.00 = \$22.00 per session

3x8 = \$528.00 = \$22.00 per session

3x12 = \$712.80 = \$19.80 per session

Thrive Clinic Program Expiration

Thrive programs are time-based rather than session-based. 2 weeks will be added to the end of all Thrive programs to allow for completion of sessions which may have been missed. For example, for 8 week programs, you have 10 weeks to complete the 16 (2x per week) or 24 (3x per week) sessions, while for 12 week programs, you have 14 weeks to complete the 24 (2x per week) or 36 (3x per week) sessions.

Please notify us as soon as possible if you plan to be absent for an extended length of time.

Private Health vs Medicare CDM Sessions

CDM Referral (\$52.95 rebate per Exercise Physiology allocated session)

Depending on your situation, your GP will allocate up to 5 sessions per calendar year for an Exercise Physiologist. These sessions will partially cover the payment of your private sessions surrounding your Thrive Clinic program. For example, 5 sessions may be used to partially cover your initial consult, follow-up/familiarisation consult, progression reviews, final review and/or soft tissue sessions.

Private Health for Private Sessions

Depending on your private health fund, and if you have Exercise Physiology as an extra, you will receive a rebate for all private sessions. Only Medicare OR Private Health can be used per session, not both.

Private Health for Thrive Clinic Program

Depending on your private health fund, and if you have Exercise Physiology as an extra, you will receive a rebate for your Thrive Clinic program. Full payment of the program must be made prior to program commencement. Once you have completed your program, you will receive a Private Health invoice which can be taken to your fund for a rebate.

Sessions in Addition to Thrive Clinic Program

Initial Consultation (\$141.90 Self-Referred) or (\$129.00 CDM Referral)

Follow-up Consultation (\$121.00 Self-Referred) or (\$89.00 CDM Referral)

Familiarisations (\$64.90)

Occur at the start of your Thrive program and may also be required as you progress through your Thrive program if we feel your technique needs extra guidance, or if several of your exercises have been progressed. During the familiarisation session, one of our Accredited Exercise Physiologists (AEP) will introduce you to the four stages of The Thrive Clinic Protocol (Connect, Observe, Prime,




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Play). The AEP will pay attention to your prescribed functional exercises, ensuring correct breathing technique, postural alignment and proper technique. Although this is one session, your own familiarity with exercises will take 1-2 weeks. During this time, we will spend more time correcting and providing you with feedback during your Thrive sessions.

Reviews (\$53.90)

Reviews occur every four weeks, e.g. an 8-week program will have one halfway review and a final review, while a 12-week program will have two progress reviews (at 4 and 8 weeks) as well as a final review. These reviews allow us to assess your progression and compare results with findings from your initial assessment. During the review, an AEP will perform a musculoskeletal screening as well as ask you to complete any specific questionnaires which you completed at your initial consultation. This information will then be passed on to your referring GP (if a CDM referral), allowing them to see how you're progressing as well as provide them with an insight into determining your primary and secondary symptoms and how exercise assists in the prevention and management of your situation.

Multidisciplinary Teams

Private Exercise Therapy Sessions (\$121.00)

Private exercise therapy sessions can be booked with our Accredited Exercise Physiologist's if you feel you require additional attention to your exercise technique or wish to advance your physical capacity, and gain a greater understanding and awareness of your body.

Consider the following checkpoints during your Thrive sessions:

- 1. Breathing:** Supervising AEPs will observe your breathing technique during your Thrive sessions. To improve understanding and technique, a one-on-one consult may be suggested. While in lying in *Connect* and *Observe*, monitor and observe changes in your breathing and any discomfort you may be experiencing.
- 2. Soft Tissue:** Ideally, we want to alleviate any muscular tension and misalignment prior to entering Thrive. Soft tissue is temporary management so depending on your personal situation you may require sessions throughout your Thrive program. Soft tissue sessions are booked with Katie Stewart.

DEXA Scans

DEXA is the gold standard for body composition measurement, identifying measures of lean muscle, fat and bone mass. In addition, it can estimate your bone mineral content in specific areas, and identify muscle imbalances that can lead to injury. DEXA scans are organised with Zoe Verazzi at Trench Health & Fitness in Shenton Park.

VO₂ Max Testing

Measures the volume of oxygen you can consume while exercising at your maximum capacity. VO₂ testing is performed at Trench Health & Fitness in Shenton Park.

Nutritional Pharmacist

Lisa Eldon has a diverse background in pharmacy and nutritional medicine, and has several services available including a medication and nutrition review, pharmacogenomic test, iron screening, diabetes screening, cholesterol screening, and blood pressure monitoring. Lisa is available for sessions on Wednesday's at our premises.




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Other Allied Health Professionals

We understand that the body is complex and there may be times where we need to outsource guidance and opinions, outside of our scope of practice, from other allied health professionals. We work closely with physiotherapist Simon Murphy, whom we may suggest referral to if we feel you need further adjustment or diagnostic treatment.

I have read and understand the above information. All questions and queries have been answered clearly by staff and I am comfortable and ready to commence my journey within The Thrive Clinic.

Client Sign: _____

Date: _____

Client Name: _____

Witness Sign: _____

Date: _____

Witness Name: _____