

For more information or to
book an appointment please
contact us on
1300 272 222



Caras' & Co Weekly Schedule - Effective 04/07/2022

Caras' & Co, 36 Rose Street, Woolloowin, QLD 4030

BallyCara Exercise Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
Individual Appointments	7:00am-3:00pm	7:00am-3:00pm	7:00am-3:00pm	7:00am-3:00pm	7:00am-3:00pm
Falls Prevention \$12.00	9:00am-9:45am				
Strong Bones \$12.00	10:00am-10:45am				

Wellness Program—Exercise Descriptions

Dedicated Exercise Physiology Sessions— Individual Exercise Physiology sessions tailored to suit your needs and provide expert guidance on how to achieve your goals. We are also registered to provide subsidised individual sessions through Medicare and Private Health Insurance providers.

Falls Prevention (Balance) — Have new found confidence by challenging and improving your balance, coordination and mobility. This is a fun and interactive balance class

Strong Bones— A 45min balance, stretching and resistance class led by one of our Exercise Physiologists. Join in this popular weight bearing exercise class to improve your bone and muscle strength.

Balance Testing— Our HUR SmartBalance machine is the complete solution for testing and training your balance. It has the ability to assess and train your individual balance through scientifically proven testing methods, interactive computer programs and games.

Initial Assessment

\$100 for 1 hour (Individual Appointments / Open Supervised Gym) / \$50 for 30min (Group Classes)

1:1 Exercise Physiologist Session:

\$100 for 1 hour / \$50 for 30min

Wellness Program Cancellation Policy:

50% of the service fee will be charged for cancellations with less than 24 hours notice from scheduled appointment. The only exception will be for legitimate health reasons or other emergencies at the discretion of management. Please follow the prompts to leave a message if phoning after reception hours.

Allied Health Services

Remedial Massage— This massage based therapy is perfect for anyone who is suffering from pain or an injury in a particular area of the body. Remedial Massage is used to treat tense or immobile muscles and can support one's recovery. Book in with our Remedial Massage Therapist at Caras' and Co

On-site: \$80 for 1 hour / \$40 for 30 minutes

In-home: \$100 for 1 hour / \$50 for 30 minutes

Physiotherapy— This therapy improves movement, reduces pain and stiffness, and can speed up the healing process from pain or an injury in a particular area of the body. Physiotherapy is used to treat pain or movement problems and can improve a person's mobility and make someone feel more comfortable. Book in with our Physiotherapist at Caras' and Co

On-site: \$140 for 1 hour / \$70 for 30 minutes

In-home: \$160 for 1 hour / \$80 for 30 minutes

Occupational Therapy— This therapy provides support for people to continue to do things they would like to do, e.g. everyday tasks such as walking or getting dressed. An Occupational Therapist can identify strengths and difficulties and work out solutions on an individual basis. Book in with our Occupational Therapist based at Caras' and Co

In-home: \$150 for 1 hour / \$75 for 30 minutes

Government subsidised and Private Service Options available. Including CHSP & HCP Funding.

Balance Program

Balance Assessment

\$70 for 1 hour

Subsequent Individual Balance Session

\$35 for 30min

8 Week Balance Improvement Program \$700

- Initial Assessment with printout/PDF report
- Client and EP goals
- 16x 30min Balance Training Sessions (Twice Weekly)
- Exit Assessment with printout/PDF
- Client Outcomes Report

**Entitled Department of Veterans Affairs Clients,
Medicare Enhanced Primary Care Plans & Private
Health Funds Accepted**