

Wellness Program

INFORMATION & FEES

Statement of Purpose:

This program will address the general needs of our clients to help maintain a high level of independence in the community setting. The focus will be to monitor and educate clients on self-management behaviors geared towards good health and wellness. After a rigorous treatment period, many of our patients look to continue on with their exercise regimen with continued monitoring by a professional. To support our patients after being discharged from therapy, our Wellness Program will assist individuals to:

- Continue maintaining or improve their physical functioning by:
 - Increasing Cardio-Vascular Endurance
 - Improving Flexibility
 - Strength Training
 - Muscular Toning
 - Educating on management of Osteoporosis
 - Decreasing Arthritic Pain
 - Back Protection Program
 - Balance Training
 - Minimizing soft tissue impairments
 - Nutrition Education
 - Joint Protection Education
 - Ergonomic Efficiency
- Enhance their quality of life and enjoy exercising
- Have access to the PTs and PTAs who were a part of their treatment program for questions and support
- Pay a nominal fee with no contracts or long-term commitments

Fees:

All services are self pay and fees are due the first of the month or before initiating any of the Wellness Program services.

- Initiation Fee: \$100.00
Initiation fee is a one-time fee that includes:
 - Comprehensive evaluation of medical history
 - Initial Meeting to discuss goals and create an exercise flow sheet
 - Follow-up meeting in a month to discuss progress
- Initiation Fee for current ARTS patients being discharged: \$30.00
- Initiation Fee for previous ARTS patients: . . \$50.00
- Monthly Fee for Open Gym: \$40.00
- Fee for Personal Training Session: \$50.00
Discounted fee for
5 Personal Training Sessions: \$225.00
- Fee for Massage Session:
 - 30 minutes: \$60.00
 - 60 minutes: \$100.00Discounted fee for 5 Session Package: 10% off
- Fee for Group Classes (cost per class): \$15.00
Discounted fee for 5 Class Package: \$60.00
- Fee for Back School: \$40.00
- Nutritional Counseling
 - Initial Consultation (1 hour): \$125.00
 - Follow-up visits (45 minutes): \$85.00

Pre-paid services are non-refundable and must be used within 3 months.