

Your doctor or treating health professional has referred you to Pilates Bayside under Workcover or TAC. The following information outlines our policy for compensable clients, including how a program is structured and payments required. We require pre-approval from an insurance company or TAC prior to commencing a program. We will send a letter to Workcover or TAC on your behalf, outlining the information below and asking that approval is given in writing as soon as possible, allowing you to commence your rehabilitation program with us.

Pilates Bayside offers customized, functional core stabilisation exercises for rehabilitation purposes. A physiotherapist conducts an assessment, from which an individualised program is devised, utilising stabilisation principles.

- **Initial Consultation:** Clients initially see the physiotherapist for a 60 minutes assessment, including *real-time ultrasound imaging assessment* of the deep spinal and trunk stabilizing muscles. From this comprehensive and thorough assessment a program is commenced.
- **Standard Consultations:** Four further sessions (with the physiotherapist for 30 minutes each) are required to establish and teach a base program to the client, ensuring correct technique and adherence to basic principles. Home exercises are included to commence and promote self-management.
- Clients attend the studio to practice their individual exercise program in a small group setting at \$21 per session, always with a physiotherapist in attendance. A block of **20 practice sessions** allows the client to attend twice a week for four months, charged at a cost of \$420.00 (\$21 x 20). These sessions will be up to an hour in duration.
- A further five (5) **Standard Consultations** are used at approximately three weekly intervals, to review and progress the clients program over a four month period. Home exercises are again included and progressed to continue promotion of self-management.
- In accordance with VWA current guidelines, a **Review Consultation (PY503)** will be performed at 3 months from commencement, including a Physiotherapy Management Review Form (**PMR**) to employer, Agent, and Medical Practitioner.

TAC and Workcover approved **Functional Outcome Measures** are undertaken at the commencement of the program, after 8 weeks and at completion, to evaluate the outcome of the stabilisation program, and determine further requirements.

Our fee structure outlined below reflects market value for the considerable time required and spent with these clients, who often have high-force injuries, long-standing pain, considerable dysfunction and/or very poor movement patterns. Our experience shows that a comprehensive assessment and individual tailoring of programs will result in a more satisfactory outcome of improved function and enhanced self-management.

	F E E			No. of sessions required	G A P (T O T A L)	
	PILATES BAYSIDE	WORKCOVER	TAC		Workcover GAP Payment made by client	TAC GAP Payment made by client
Initial Consultation	\$ 82.65	\$ 82.65	\$ 57.05	1	\$ Nil	\$ 25.60
Standard Consultation	\$ 56.60	\$ 43.40	\$ 43.45	9	\$118.80	\$118.35
Review Consultation	\$123.95	\$ 123.95		1	-	
Group Exercise Session	\$ 420.00	\$ 19.00 Per session	\$ 21.00 Per session	20	\$40.00	-
TOTAL	\$1136.00	\$977.20	\$868.10	31	\$158.80	\$143.95

Workcover and TAC fees current as at July 2008

If the insurance company or TAC are not willing to pay the full fee, the client is charged the gap. Please note that most private health funds will not rebate on this gap amount, but clients are encouraged to check with their individual health fund.

If further clarification is still required, please contact us on 9211-0631.

Yours sincerely

Pilates Bayside