

## Rehab - What to expect?

### HYDRO:



- Heated pool
- Therapist in the pool with you
- Functional exercises
- Hour long sessions
- Expect to attend 2x session a week initially
- What to Bring?
  - towel, swimmers and water bottle

### GYM:



- Therapist in the gym with you
- Functional Exercises
- Hour long sessions
- Expect to attend 2x session a week initially
- No work boots or work clothes
- What to Bring?
  - a towel and water bottle

You will receive a text the day before your session with all of the information about the session. Please respond with **yes** if you are attending

## What's Next?

01

Initial details form  
(texted to you)

04

Email to you with  
proposed session times

02

One of our therapists will  
call you

05

We will send proposed  
plan to insurer

03

Injury specific questionnaire  
texted to you

06

Once approved, we will  
update you and we can start!



## What if I can't attend?

- Please text or call your therapist ASAP
- If you need to reschedule, we are happy to accommodate, although prior notice is needed.

**\*\*If you do not attend multiple sessions without a valid reason, we may cease your rehab program\*\***

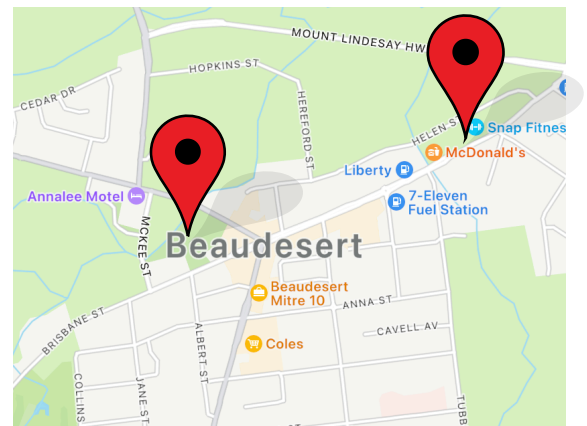
## Locations:

### Pools:

- Beaudesert Swimming Pool  
54a Brisbane Rd, **Beaudesert**

### Other facilities we use:

- Pimpama Sports Hub  
139 Rifle Range Rd, **Pimpama** QLD 4209
- Logan North Aquatic Centre  
2 Sports Dr, **Underwood** QLD 4119



### Gyms:

- Snap Fitness Beaudesert - 124/134 Brisbane St, **Beaudesert** QLD 4285

### Other facilities we use:

- Pimpama Sports Hub - 139 Rifle Range Rd, **Pimpama** QLD 4209
- Planet Fitness Bethania - 8 Fletcher Rd, **Bethania** QLD 4205

*We also service the Gold Coast, Logan and Brisbane areas.  
Contact us for further information.*

## Contact Details:

Proactive Therapy - (07) 3180 6799

Taisha      **0499 059 614**  
Brock        0499 474 446  
Dylan        0499 503 066

[Taisha.Fabre@proactivetherapy.com.au](mailto:Taisha.Fabre@proactivetherapy.com.au)  
[Brock.Smith@proactivetherapy.com.au](mailto:Brock.Smith@proactivetherapy.com.au)  
[Dylan.Foxe@proactivetherapy.com.au](mailto:Dylan.Foxe@proactivetherapy.com.au)

