

# 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: . . . . . \$100.00  
Discounted 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.**