



Move With Utsāha

# MENU OF SERVICES

## PHYSICAL THERAPY

Initial Visit: Physical Therapy Evaluation (60 min) \$230

- Comprehensive review of medical history and examination of pain, posture, motion, flexibility, strength, neuromuscular control, body mechanics, balance, and gait (based on diagnosis).
- Establishment of patient-centered therapeutic goals and creation of an individualized plan of care.
- Patient education and therapeutic interventions such as exercise and/or manual therapy will be commenced to address the deficits found during the examination.
- An initial home exercise program will be provided.

Follow-ups: (60 min) \$200/session

❖ Package options available:

- Packages (4 sessions) \$180/session (\$720 vs \$800) ...\$80 savings
- Packages (6 sessions) \$170/session (\$1020 vs \$1200) ...\$180 savings
- Packages (10 sessions) \$160/session (\$1600 vs \$2000) ...\$400 savings

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## BONE HEALTH FITNESS WORKOUTS

Initial Visit: Pre-Participation Fitness Consultation (60 min) \$180

- Review of your medical and bone health history, fracture risk, and exercise experience.
- Fitness screen of strength, endurance, balance, posture, flexibility.
- Creation of a bone-friendly exercise workout plan, taking into consideration your fitness goals, exercise preferences, and fracture risk.
- Initial exercises will be instructed, with a focus on body alignment and mechanics, and homework will be provided to perform between sessions.

Follow-ups: (60 min) \$150/session

❖ Package options available:

- Packages (4 sessions) \$135/session (\$540 vs \$600) ...\$60 savings
- Packages (8 sessions) \$125/session (\$1000 vs \$1200) ...\$200 savings