

macksville **physiotherapy & pilates**

is now trading as



**Soulitude Health**

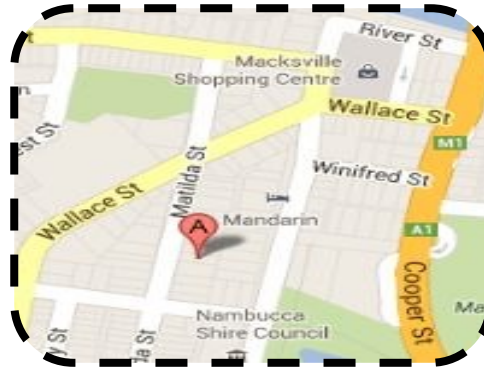
*A note from the our Principle Physiotherapist*

*A lot of things have changed since we started Macksville Physiotherapy and Pilates. As our services have grown and developed to where they are now we felt that we needed a name more fitting for our business. We hope to provide the best outcomes for our clients possible. We want to provide a well rounded approach to improving your health. Our services compliment each other and provide our clients with a dynamic service that is tailored to their individual needs. Our business now incorporates a variety of services and practitioners working together so you can achieve your health goals.*

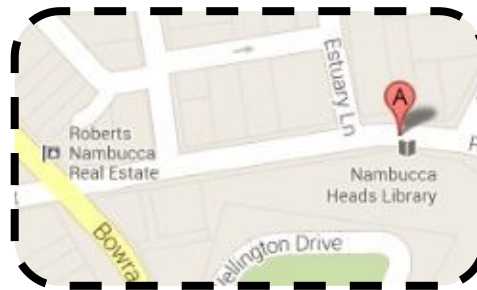
*I look forward to helping you soon.*

*Tamara Urquhart - Physiotherapist*

**Macksville Rooms**  
17 Matilda St  
Macksville NSW 2447



**Nambucca Rooms**  
Seascape shopping Centre  
Emma King Occupational Therapist  
Ridge St  
Nambucca Heads NSW 2447



**Bowraville Rooms**  
Dr Guards Surgery  
29a High St  
Bowraville NSW 2449



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# Soulitude Health

- **Physiotherapy**
- **Pilates**
- **Hydrotherapy**
- **Surfset**
- **Dietitian**
- **Personal Training**
- **Massage**

Macksville - Bowraville

Nambucca Heads

**02 6568 2185**

Soulitude Health is a dynamic clinic committed to providing superior health outcomes for all clients. We offer hands on, evidenced-based physiotherapy treatment with an emphasis on education and prevention to empower clients to self-manage their conditions. To complement your wellbeing we have a fully equipped private gym on-site. We offer gym-based training, Pilates mat classes and one on one Pilates reformer training. Our experienced team of health care providers will cater to all levels, ages and abilities. If you want the best from your body come and see the team at Soulitude Health.

**Physiotherapy**—Our physiotherapists use a combination of techniques, exercises and education to treat musculoskeletal injuries and ongoing pain. Physiotherapy can help in the repair of injuries by optimizing the healing process, reducing pain/stiffness and improving function and mobility.

**Hydrotherapy**— Hydrotherapy is a form of rehabilitation using water as part of the treatment. Exercising in water allows the activation of main muscle groups through gentle, low-impact movement without placing strain or load on the body. Exercises are performed in a pool heated between 32 – 34 degrees under the guidance of a trained physiotherapist.

**Pilates**— Pilates is a whole body-conditioning program with an emphasis on control of movement, breathing awareness and correct alignment of the body during varied, low-impact exercises. Pilates was developed in the 1920s by Joseph Pilates and since then has continued to grow into varying forms. Pilates works by helping to activate and re-train the core muscles of the pelvic floor, deep abdominals and back.

## Price List

Initial Physiotherapy Consultation (30 –45 minutes)	\$65
Follow Up/Standard Physiotherapy Consultation	\$58
Extended Physiotherapy Consult	\$100
Short Physiotherapy Consult 10-15mins	\$40
Hydrotherapy Casual Class Including Pool entry	\$15
Hydrotherapy Casual Class Excluding Pool Entry	\$13
Pilates Casual Mat Class	\$12
Pilates Block of 10 Mat Classes	\$100
Reformer Pilates Session 1/2 Hour	\$45
Reformer Pilates Session 1 Hour	\$80
Duo Reformer Class 1 hour	\$40Ea
Reformer 6 x 1 Hour sessions	\$400
Massage 1/2 Hour	\$35
Massage 50 min to 1hour	\$60
Pension Discount—Is applied to all people holding Seniors cards, Disability pension cards and Seniors Pension cards. For initial and Standard consults and reformer sessions only.	-\$5
Personal Training 1 hour Session	\$45
Personal Training 1/2 Session	\$25
Personal Training Duo 1hour	\$22.50 ea.

Surfset Casual Class (Max 5 per class)	\$20
Surfset 6 Pack	\$100
Surf Set Jr Class (Max 5 per class)	\$15
Surfset Jr 6 Pack	\$75

All Classes go for 45 minutes.

SURFSET is all about getting away from the traditional static work out and challenging your body in new ways. Every exercise on the board is designed to engage your core and stabilizer muscles and shock the system to create real change inside and out. the body builder and the lean surfer physique is in. You have to train like an athlete to build an athletic body type, and that means multi planar movements that engage the body and mind in challenging unique ways.

