

elliott

PHYSICAL THERAPY

FITNESS TRAINING

We are very excited to announce that we are now offering fitness training options for clients!

Our offerings will be in conjunction with current PT at home programs, not as a replacement for physical therapy. These programs will be designed to help improve strength, balance, mobility, and endurance. They will be a way to continue to expand our reach into the wellness continuum of our patients.

These programs will include an initial assessment to determine readiness for programming and any strength deficits. This initial assessment will be \$25.

There will be three affordable options for clients:

1

In person one-on-one coaching:

- Monthly fee:
 - 1x/week: \$140/month (\$35 per session)
 - 2x/week: \$240/month (\$30 per session)
- Per diem rate: \$40 per session

2

Small group:

- 2 sessions per week \$160/month (\$20 per session)
- 1 session per week \$100/month (\$25 per session)
- Per diem rate: \$30 per session

3

Remote options:

- Supported (1 online meeting per week) \$50/month
- Fully remote (program only) \$30/month

The goal of these offerings is to help patients move and feel better. Programming will be driven based on recommendations from PTs. Cooperation between PTs and coaches will be paramount in the success of these programs.

If you have any questions or would like to recommend programming to any patient. Please email Jake Walker at jake@elliottphysicaltherapy.com.