



A holistic and wellness-based program improving injury recovery through health coaching and exercise physiology

Recovering from an injury is about more than just physical treatment. True recovery involves proper nutrition, stress reduction, and movement management to safely rebuild and strengthen damaged tissues.

Our expert Exercise Physiologists specialise in injury recovery and, through the **ReBuild™** program, offer a comprehensive 4-week health coaching journey. Join us and receive personalised guidance in:

Understanding your diagnosis and the types of movements that are safe to do whilst your damaged tissues are recovering



Understanding the role of pain and what you can do to improve pain and minimise its impact on your life

Learning what to eat, when to eat and how much to eat so you fuel your body for recovery



Improving your sleep and stress management including how to decrease stress inducing hormones that prolong the recovery process

All **ReBuild™** programs are individualised to address **your** specific injury and our Exercise Physiologists operate in-person, via video conference as well as over the phone to give you tailored access to this amazing program.

Contact your Claims Assessor to inquire about starting a **ReBuild™** program today.