



nabenet

## TAC SERVICES






### PHYSICAL UPGRADE PROGRAM

A Physical Upgrade program is a tailored exercise program that can help with strength building, stretching, weight management, and boosting energy levels

**Nabenet can support you to identify your personal fitness goals and establish a bespoke plan that you can complete safely in the comfort of your own home**

Your program will involve a detailed assessment, professional exercise program prescription, education, and support to complete and upgrade your program

The initial assessment phase will involve a review of the following:

-  History of condition
-  Psychosocial factors
-  Functional rehabilitation goals
-  Critical physical demands needed to help you return to life and/or work
-  Functional assessment through physical stretch and strength testing

Following assessment you will receive your unique program prescription with images of each exercise. Your expert consultant will also specify the duration and frequency of your program.

Your consultant will also indicate whether you would benefit from more regular sessions 1:1 to complete supported exercises, or whether pool and gym based exercises might maximise on your goals.

At the conclusion of the program retesting will occur to provide you with a recap on your progress and achievement of goals. Your treaters may be involved in the process to ensure maximum support.

**The Physical Upgrade Program is delivered by highly experienced Allied Health professionals with an Exercise Physiology or Physiotherapy background**



## Contact us today to see how we can support you

Nabenet has been a leading provider of health, wellbeing, and injury management services across Victoria since 2002. Offering personalised service, professionalism, and care, we are occupational health experts who understand the needs of individuals faced with an injury, illness, or condition that impacts on their lives.

 79 Power Street, Hawthorn VIC 3122

 (03) 9981 9888

 [workhealth@nabenet.com.au](mailto:workhealth@nabenet.com.au)

 [www.nabenet.com.au](http://www.nabenet.com.au)