

**fullspectrum**  
health solutions

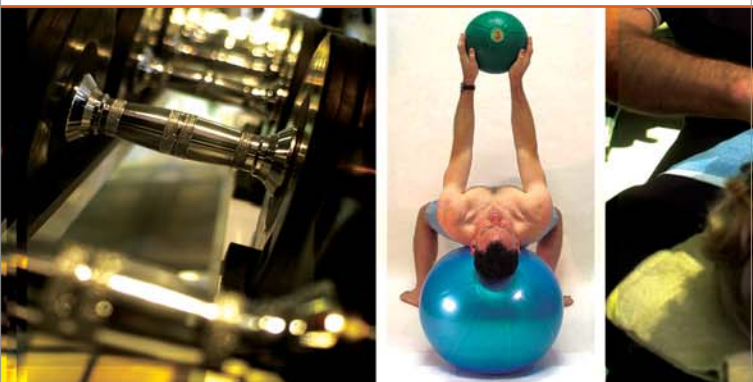


*Sydney's Premier Functional Strength  
Training Centre & Injury Rehabilitation Studio*

## Full Spectrum Services

Our network of health professionals and friendly staff allow us to offer the following services:

- Injury Rehabilitation
- Back Care and Lumbo-Pelvic Stabilisation
- Postural Correctiveness and Flexibility Work
- Functional Strength Training
- MediBall Programs
- Sports Specific Performance Programs
- Golf Strength and Conditioning
- Personal Training
- Fit for Kids - Exercise and Nutrition Programs
- Pre and Post Partum Training
- Diet, Nutrition and Weight Management
- Massage and Reflexology
- Yoga and Pilates
- Restoring Functional Breathing Patterns
- Acupuncture
- Osteopathy and Chiropractics



### Fees and Payments

Sessional fees and payments are payable at time of appointment unless otherwise arranged.

### Consultations

All consultations and sessions are by appointment only. Please phone the clinic or Anthony to make or confirm your appointment time.

### Types of Payments

Payments will be accepted via Cash, Cheque, Bankcard, MasterCard or Visa card. Health fund rebates will be given where applicable.

***'We focus on delivering the highest quality of care and service to our clients and patients, with the aim of helping you enjoy life to the fullest...'***

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Welcome to Full Spectrum Health Solutions (FSHS) Injury Rehabilitation and Functional Strength Training Centre, Sydney's premier 'all-in-one' injury rehabilitation and performance clinic.

At FSHS we understand the importance of 'proactive' health management. We focus on delivering the highest quality of care and service to our clients and patients, with the aim of helping you enjoy life to the fullest, as quickly as possible - Education Through Innovation!

It is here where exercise science meets physical exercise, as experts from a wide range of health related disciplines come together to provide a complete health service.

Private and exclusive, FSHS offers an intimate spinal care, corrective exercise, functional strength training and personal



### **Injury Rehabilitation**

As a professional health care team, Full Spectrum delivers high quality exercise therapy services to people seeking rehabilitation from injuries.

### **Back Care & Lumbo-Pelvic Stabilisation Programs**

For those tired of getting recurring back injuries or niggling pains, and are unable to safely return to work/sports field then our team will create a program specifically for you.

### **Personal Training**

Our goal is to get you into the best shape possible. Our unique approach to personal training enables you to obtain visible results in a safe yet effective manner.

***'It's not a gym, nor is it a big impersonal health club. It's a place where you can work one-on-one with Anthony and his team...'***

training studio. It is not a gym, nor is it a big impersonal health club. It is a place where you can work one-on-one with Anthony and his team, all highly experienced and tertiary qualified health professionals. Our goal is to help you get the results you want, utilising the latest state-of-the-art training equipment, delivered in a relaxed, non-threatening and friendly environment. All backed up with a genuine, caring and professional service.

It's a little different from other studios and we're sure you will find it a refreshing change where 'personal attention' isn't a catch phrase, it's a priority.

We aim to accurately diagnose any injuries and assess any goals you may have. Incorporating these together, we plan a managed recovery and progression that includes innovative rehabilitation and specific exercise based treatments.



### **Functional Strength Training**

Not just a gym program. We assess the functional and strength requirements for your sport and/or specific tasks and develop a program designed to reduce injury risk and maximise performance.

### **MediBall Programs**

Let us show you what to do with those large inflatable balls. Your personalised MediBall program will be developed for the home, gym or office.

### **Sports Specific Performance Programs**

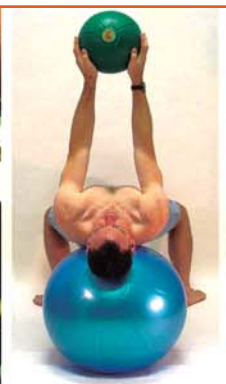
Our focus on core strength, pelvic stability and functional strength training ensures that our programs are designed to improve and increase your sporting ability.

***'No matter if you are a junior, a master, or an elite athlete our programs will help you reach your full sporting potential...'***

Our qualified team of exercise physiologists can also help you maximise your performance with a sports-specific strength and conditioning program for a wide range of sports. No matter if you are a junior, a master, or an elite athlete our programs will help you reach your full sporting potential.

By promoting a system of proactive health management, we aim to change the way you think about your own health and well-being.

Full Spectrum Health Solutions, helping you help yourself.



### **Postural Correctiveness & Flexibility Work**

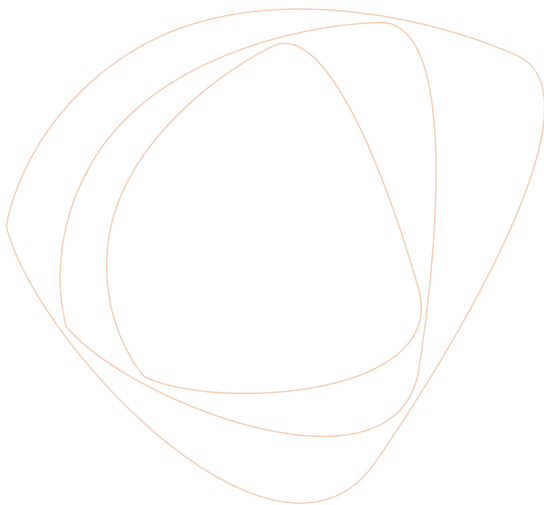
Our physiologists will administer a 'Posture and Flexibility' assessment and will subsequently develop a remedial program ideally suited for you.

### **Diet, Nutrition & Weight Management**

Not just for weight loss, our fully qualified team of accredited practising dietitians can help with increased sporting performance, lifestyle and weight management issues.

### **Pre & Post Partum Training**

Learn exercises safe for you and your baby whilst pregnant. We will also help you get your 'pre-baby' body back after giving birth.



### **Cancellation Policy**

Our Cancellation policy applies to all sessions/consultations and no-shows. Please be advised that unless 24 hours notice is given on any cancellation full fees will be charged.

### **Full Spectrum Contact Details**

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