



ADVANZ HEALTH

PHYSIO | SPORTS MEDICINE | PILATES

NIFTY KNEE PROGRAM

10-WEEK PROGRAM TO IMPROVE YOUR KNEES & GET YOU BACK TO LIFE!

STEP 1: COMPREHENSIVE ASSESSMENT, ACCURATE DIAGNOSIS & PAIN-RELIEF

STEP 2: HANDS-ON TREATMENT & EARLY EXERCISE

STEP 3: FUNCTIONAL MOVEMENT & STRENGTH (ONE-ON-ONE)

STEP 4: SMALL GROUP PILATES CLASSES

STEP 5: PREVENTION

Cost: \$160/week (or \$1499 for upfront payment)

AfterPay and ZipPay accepted



Health insurance rebates available

Money-Back-Guarantee:

**If you're not seeing results after the first week,
we'll give you a full refund.***

(*T's & C's apply)



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WEEK 1 (DIAGNOSIS & PLAN):

1 X INITIAL PHYSIO SESSION & 1 X FOLLOW-UP PHYSIO

WEEK 2 (PAIN-RELIEF & STRENGTH TESTING):

1 X INITIAL EXERCISE PHYSIOLOGY SESSION & 1 X PHYSIO

WEEK 3 (EARLY CORE & CONTROL):

2 X EXERCISE PHYSIOLOGY SESSIONS

WEEK 4 (STRENGTH & TECHNIQUE):

1 X PHYSIO & 1 X EXERCISE PHYSIOLOGY SESSION

WEEK 5 (PROGRESS TESTING):

2 X EXERCISE PHYSIOLOGY SESSIONS

WEEK 6-10 (PILATES CLASSES):

2 X CLASSES/WEEK (10 IN TOTAL)

WEEK 7 (BODY ALIGNMENT & PROGRESS CHECK):

1 X PHYSIO SESSION

WEEK 10 (COMPLETION, TESTING & PREVENTION):

1 X FINAL PHYSIO SESSION

*Physio and EP sessions may be used interchangeably if one modality is more beneficial for your injury

**Timeframes/phases may vary depending on individual injury