



**We believe that our clients can rediscover health, meaning and purpose and we will provide the expert holistic care to make this a reality.**

## Our programs

Peak offers an individualised treatment approach. We know that everyone is different. Our programs are tailored to help our clients make the changes necessary to secure a healthy future full of meaning and purpose. We also offer triaging service to ensure clients receive the most beneficial service tailored to their needs.



### The Activity Based Prescription (APB) program

ABP is designed to help people suffering from a range of chronic and mental health injuries. The aim of the program is to encourage who have been injured to become fuller participants in their lives. This is achieved through the use of evidence-based strategies utilising a biopsychosocial approach.

ABP includes:

- ✓ Fitbit and analysis of data
- ✓ Realistic goal setting
- ✓ Structured and supported activity scheduling
- ✓ Flare-up management and pacing
- ✓ Problem-solving
- ✓ Pain education and understanding concepts of pain

## Our assessment process

A comprehensive assessment is completed to review the condition and symptom presentation. This includes:

- ✓ Current circumstances and difficulties
- ✓ General medical history
- ✓ Activities of daily living
- ✓ Pain scale and questionnaire

## Our team

Peak Conditioning has 20 years experience returning people back to health. We guide people injured at work to a holistic and meaningful recovery from injury. Our staff are university qualified allied health practitioners.

## Locations

Peak looks to empower you as an active participant in your recovery. Treatment locations, goals and programs are determined in collaboration with you and your treating practitioner. We are guided by you, your needs and have facilities throughout Australia.

**Please contact Peak Conditioning to discuss your specific needs. \*Treatment interventions will be supervised either face to face or via video conferencing dependent on locality.**

## Contact us

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