

## Intensive Activity-Based Exercise Therapy Program

### What is Walk On?



Walk On is an individually designed intensive activity-based exercise program to assist a person with a spinal cord injury or other physical disabilities to improve and maximise their functional ability and lead a more independent life.

The program involves repetitive, task specific activities and intense, dynamic, weight-bearing exercises all performed out of the wheelchair one-on-one with a qualified Physiotherapist or Exercise Physiologist. Walk On is a community based program available to people following their discharge from hospital.

*Matt experiencing the benefits of Functional Electrical Stimulation in the RT600 Step & Stand*

### Where is Walk On?

Walk On facilities are currently located at:



#### **Brisbane**

Sporting Wheelies and Disabled Association, Bowen Hills

#### **Melbourne**

Victoria University, Whitten Oval, Footscray West

#### **Perth**

Edith Cowan University, Joondalup Campus

#### **Sydney**

The University of Sydney, Lidcombe Campus

### What can you expect from a Walk On session?

Each client's individually tailored exercise program is aimed at developing skills necessary to achieve specific functional goals. Each session involves task specific training, strengthening and coordination of the whole body, posture stability exercises, weight-bearing activities, gait and locomotor training.

Walk On has a range of specialised equipment to provide clients with the best opportunity to improve their functional abilities.



*Chucky trains hard with Walk On staff*



## The Benefits of Walk On

Many people have reported significantly increased independence, general health benefits, greater confidence and psychological wellbeing as well as an improved quality of life as a result of their involvement. Evidence has shown that intensive activity-based training can promote benefits in independence, general mobility, quality of life and muscle strength. General health benefits have also been found including improvements in bowel and bladder control, temperature regulation and blood pressure control.



*Walk On has increased my strength and balance. I'm thankful now to be doing simple things like washing my own hair. I am also better at transferring into my wheelchair and my wheeling endurance has increased which means I can go shopping by myself. Having that freedom is so important and I'm ecstatic to be getting my independence back.*

**Kerry, Walk On Client**

## Walk On Program Options and Fees

### Initial Assessment \$226

The initial assessment is 2 hours in duration. Each individual will be thoroughly assessed and will work towards your goals with support from the Walk On team. Reassessments are a requisite every 3 months during your regular Walk On sessions to continue in the program. The assessments include 3 different domains: impairments (muscle strength and muscle tone); activities (mobility and independence) and participation (quality of life and community integration).

### Walk On Session \$113 per hour

Sessions are generally 2 to 3 hours in duration, however your therapist will discuss how many hours per session and how many sessions per week you should attend based upon your initial assessment. People who have seen the most functional gains have attended Walk On 3 to 4 times per week, for 6 to 9 months.

### Short Term Program \$2,260

Walk On offers an intensive short term program. The program includes 8 x 2 hour sessions at a Walk On facility, and additional sessions charged at \$113 per hour. The usual length of this program is between 2 to 6 weeks and includes an individualised exercise program specific to your needs. It is recommended that a family member or health professional\* attends the program with you to assist you to continue the exercises at home.

\*Additional fees may apply.

Walk On sessions are claimable through private health insurance and the Individual Allied Health Services under Medicare for patients with a chronic medical conditions and complex care needs.

To discuss Walk On in more detail

Phone: 1800 819 775

Email: [walkon@scia.org.au](mailto:walkon@scia.org.au)

You can also check out our Facebook page to see what we get up to at the gym!

[www.facebook.com/sciawalkon](https://www.facebook.com/sciawalkon)

