



## What inspires us?

We believe in helping all Australians return to work, exercise or play without fear or hesitation.

By having the highest skills, knowledge and care to inspire change, we can be the most open and honest with you – creating a trusting relationship that keeps confidence and motivation high.

Let us help bridge the gap between fitness and injury for you.

## MediPlan

Pay over time with interest free payment plans

Mediplan offers patients the opportunity to pay for your healthcare on a flexible weekly, fortnightly or monthly payment plan.

Get a decision in real-time

Other payment methods:



Get in touch on 0423 536 413

[info@reactivatefunction.com.au](mailto:info@reactivatefunction.com.au)

480 Queen St, Level 27,  
Regus Plaza, Brisbane 4000

[reactivatefunction.com.au](http://reactivatefunction.com.au)

reactivate  
function

Bridging the gap between injury and fitness.



## Services

- Return to Exercise (RTE)
- Neural Dynamic Screening (NDS)
- Personal Training
- Corporate Posture/ wellness Presentations

## Price list

### Luke Armstrong – Director & Senior RTE

- Consultation: \$330 – 60 minutes
- Return to exercise session: \$165 – 30 minutes

### Stephen Tunnicliffe – Personal Trainer

### Marz Milojevic – Personal Trainer

- Consultation: \$133 – 60 minutes
- Personal Training: \$77 – 30 minutes

## Why get started

We believe all Australian's should live fully functional lives, pain free.

This is why after recognizing a gap in the rehabilitation process, Luke Armstrong [Director and creator of Reactivate Function] designed a **4-step process to bridge the gap between injury and fitness.**

Let us help you live life to the fullest, injury free.

### Who needs a Return to Exercise Specialist?

#### Are you:

- Post physiotherapy, chiropractor or surgeon (Case dependent)?
- Experiencing re-occurring injuries without any solution to the underlying cause?
- Experiencing a tight neck or lower back?
- Platued in your training or rehab?

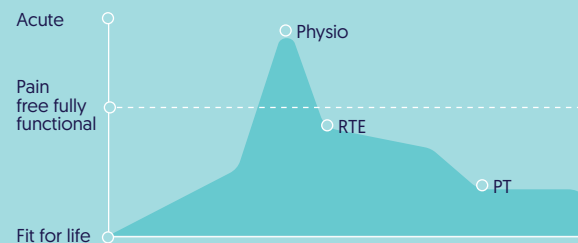
**If so, we are here to help...**

## 01 Initial Screening

01. Medical questionnaire, why you are here, how can we help.
02. Neural Dynamic Screening (NDS).
03. Muscle palpation (finding tight muscles that effect you / your condition).
04. Whole body screen including: Joint ranges  
Muscle activation, Muscle length, Muscle strength and Functional movement assessment.
05. Summary and homework.

## 02 RTE Sessions

These sessions ensure you enter the gym/work or home under guidance from a senior RTE. This minimizes the chance of a flair ups or re-injury due to inexperience. Your RTE will ensure you can move and lift weight safely before referring you to a personal trainer.



## 03 PT Sessions:

PT sessions are designed to specifically help with:

- Strength
- Weight loss
- Body composition
- Posture
- Endurance
- Sports specific

## 04 Tune up RTE Session

### COMPARING

- New programming
- New and exciting goals
- Change of training style from your PT
- Avoids flair ups
- Confidence building

Get in touch on **0423 536 413** or [info@reactivatefunction.com.au](mailto:info@reactivatefunction.com.au)

[reactivatefunction.com.au](http://reactivatefunction.com.au)