

# Do you have persistent or recurrent low back pain?



## Ask about the GLA:D® Back Australia program today!

Enquire about our evidence-based education and exercise program offered in conjunction with Macquarie University at the Cabrini Specialist Centre - Elsternwick.



**MACQUARIE**  
University  
SYDNEY · AUSTRALIA



**Cabrini**  
ALLIED HEALTH



## What is involved in the program?

Over 7 weeks, trained staff will guide you through two education and 12 exercise sessions to help you manage your low back pain and improve your day-to-day activities!

## What are the costs?

Initial physio consultation: \$170

Seven-week program: \$516 – includes education and exercise sessions, plus a final physio consultation.

If you have extras cover with your private health insurance, you may be eligible for rebates.

## Further information/bookings

**Cabrini Allied Health**

**Cabrini Specialist Centre - Elsternwick**

494 Glen Huntly Road, Elsternwick, 3185

Phone: (03) 9508 1400

Email: [access@cabrini.com.au](mailto:access@cabrini.com.au)

[www.cabrini.com.au/services/allied-health](http://www.cabrini.com.au/services/allied-health)



**MACQUARIE**  
University  
SYDNEY · AUSTRALIA

