

Check out our Product Packages

Add a discounted consult – face to face or Tele-health with our Principal Physio to find out how to get the best use from your new gear

Bronze Package \$45



PT Rub - AllCare Rub penetrates deeply into muscles to reduce swelling, relieve pain and sooth strained and aching muscles. Rub on sprains, strains, bumps, bruises, arthritic joints and tired aching muscles.

Wheat Bag - KIWI made wheatbags. Premium quality, made of 100% locally produced wheat and 100% cotton wheat bag. The wheat bags are sectioned to allows even distribution of wheat and can be moulded to specific areas on the body

Massage Ball - Reflex balls are suitable for stimulation and relaxation of the muscles and they promote blood circulation.

APPI DVD Low Back Pain - This practical and enjoyable beginner-level DVD is split into easy to follow sections including the key elements, a warm up, the class and a cool down. You will also be shown ways to make the movements more or less challenging so that you can always work at the right level for your body.

Silver Package \$65



Stability Ball – The Soft Stability Ball allows patients to build muscular strength and flexibility while working at their own level. Easily portable and very versatile

APPI Socks – APPI Pilates Sock has been designed with a non-slip sole and seamless toe for extra grip to help with balance control and grip.

Red Theraband – Exercise Band can be used with range of movement exercises to provide resistance and a resultant increase in strength

APPI DVD Intermediate – The APPI Intermediate Pilates Programme is designed to balance, align and strengthen the body to prevent injuries as well as restore the body to its absolute best after injury.

Gold Package \$95



Pilates Circle - These flexible pilates rings have a soft foam cover and handles offer different resistances for isometric exercises, which will firm muscles of the upper arms and inner thighs.

Swiss Ball - A great tool to enhance: Posture, Performance, Flexibility, Strength and Muscle tone

Half Foam Roller - Foam Rollers are an excellent way to develop balance, coordination, body awareness, flexibility and dynamic strength. This multi-functional form of training make them suitable for all ages

APPI DVID Advanced - This inspiring work out introduces you to the APPI advanced movements with a strong focus on accuracy, precision and control. This advanced class is comprised of five easy to follow sections including: Pelvic Stability, Abdominals, Upper Stability and Strength, Gluteals, Stretch and Mobility

Platinum Package \$150



Pilates Circle - These flexible pilates rings have a soft foam cover and handles offer different resistances for isometric exercises, which will firm muscles of the upper arms and inner thighs.

Green Swiss Ball - A great tool to enhance posture, performance, flexibility, strength and muscle tone

Full Foam Roller - Foam Rollers are an excellent way to develop balance, coordination, body awareness, flexibility and dynamic strength. This multi-functional form of training make them suitable for all ages

DVD Set of 3 – Box set of Lower back pain, Intermediate and Advanced – choose your class your day and make the most from the flexibility within each to pick and mix your workout

Massage Ball - Reflex balls are suitable for stimulation and relaxation of the muscles and they promote blood circulation.

Blue Theraband - Exercise Band can be used with range of movement exercises to provide resistance and a resultant increase in strength

Add a discounted consult with our Principal Physiotherapist for just \$30 to get the best from your product package purchase. Tele-health via Zoom App or drop in for a face:face 15 minute workout – complete our consent form today and email back to us info@totalphysiotherapy.co.nz or bring with you. Book online www.totalphysiothreapy.co.nz once your products arrive.