



## SelfCare U Refresher Course

Your Motivate Team wants you to be successful with your health and wellness goals for life; we want you to thrive well beyond discharge from your therapy. Motivate is now offering 60-minute, individualized, after-therapy refresher sessions through our SelfCare U studio.

SelfCare does not stop after therapy, and it can be overwhelming. Come back whenever you need the support and review of your Home Exercise Program (HEP) that was specifically designed for you during previous therapy. Your HEP is usually kept in the patient folder (yellow, orange, blue, or white) that you received at your evaluation.

- **The focus will be reviewing and fine-tuning the exercises you were already given.** If you no longer have your HEP, we will recreate one using your most recent plan of care (your most recent therapy case) for an additional \$50 fee.
- Cost per class: There are *two available options*, see table below for details.
- Preregistration and payment required to reserve your slot with the Motivate expert of your choice.

You can choose to see either a rehab tech (RT) or a therapist	Cost per 60-min session
Rehab tech: <ul style="list-style-type: none"> <li>▪ An RT will go over exercises from your HEP that you would like to review during a one-on-one session</li> <li>▪ This session will serve as a check-in regarding your HEP, improve awareness of body mechanics and posture, and increase your confidence with your exercises</li> </ul>	\$75
Therapist: <ul style="list-style-type: none"> <li>▪ An occupational or physical therapist will go over exercises from your HEP that you would like to review during a one-on-one session</li> <li>▪ The therapist can answer your specific questions about your SelfCare program including bladder irritants, fiber, and how your current HEP is affecting your pelvic floor function and symptoms</li> <li>▪ This session will serve as a check-in regarding your HEP, improve awareness of body mechanics and posture, and increase your confidence with your exercises</li> <li>▪ You will have an improved awareness of what habits or behaviors are supporting and not supporting your after-care symptom relief</li> </ul>	\$150