**Phase 3 Treatment: Extend**

*Build strength, endurance and capacity for daily function and goals. Empower to prevent recurrence. Achieve vitality and wellness goals.*

The key to preventing recurrence and building strength is the participation in an appropriate exercise program, geared toward the client goals. This phase is achieved through our range of group exercise and 1:1 exercise programs.

**Once the goals from the “Reach” phase of treatment are achieved, the therapist should consider the options of:**

1. Transition to Group Physiotherapy through the Quickstart Program
2. Transition to Mat Classes (free trial classes)
3. Designing an individualised program with ongoing regular maintenance

If further 1:1 physiotherapy is no longer indicated, discuss this with your client. Discharge the client from physiotherapy and explain to them the need for physical activity and therapeutic movement as the next step (hopefully you would have mentioned this in previous sessions). The client will be followed up at a later date to see how they are going as part of our discharge process.

**Objective Assessment**

Key features of this phase of treatment is related to function and movement

* PhysiYoga Movement Variability Screen
* Posture Screen Mobile Assessment
* Sports-Specific Screening Test

Further resources and training will be completed for these skills.