

THE FM SYSTEM™ PROGRAMS

Why Most Badminton Athletes Stay Injured (And How We're Different)

Most people live with pain or injury because the path to recovery seems complex and unclear.

At FM Physiotherapy & Rehab, we've developed a proven treatment framework tailored specifically to you that delivers lasting results, so you can conquer your day-to-day life, pain-free.

This framework is our FM System™.

The Problem With Traditional Physiotherapy

We believe exercise plays a crucial role in promoting performance and pain relief.

But here's the industry problem: most physiotherapists & coaches don't know how to prescribe exercises that are:

- Specific to YOUR unique needs (badminton)
- Easy to understand
- Simple to implement
- Worth your investment

They often give drills that are oversimplified and reductionist, failing to provide the stimulus your body needs to speed up recovery, prevent further injury, or improve performance.

That's why we developed the FM System™ Programs – high-quality exercise programs for individuals, businesses, sports teams, and fitness facilities worldwide.

Whether you're:

- Recovering from an injury or surgery
- Training for a marathon
- Returning to work on full duties

Our programs focus on giving you exercises that truly deliver on the promise of protecting your

body from injury and improving your performance.

The FM System Solves 3 Critical Problems

The FM System eliminates the three biggest problems preventing injured people from achieving the recovery they deserve:

PROBLEM #1: ELEMENTARY EXERCISES

We eliminate ineffective exercises that waste your time.

In an attempt to protect you from re-injury, many practitioners start you with baseline exercises and progress from there.

The problem? These exercises are often so easy that you waste precious time doing movements that fail to provide the stimulus and somatosensory experience your body needs to move better or adapt positively.

Our solution: Stimulating Exercises

Our FM System Programs deliver challenging drills that:

- Push you slightly off balance
- Introduce controlled chaos
- Challenge your body just enough so it learns to protect itself in real-world situations that matter to you

We use a constraint-led approach to optimize your movement mastery by:

1. Providing variations of the same skills to keep your body adapting
2. Changing the environment to perform skills on different terrains and surfaces
3. Including elements of fatigue to ensure your body self-organizes protectively even when tired

PROBLEM #2: BORING PROGRAMS

We create engaging exercises you'll actually want to do.

They say the best program is the one you'll stick to.

Unfortunately, most rehab programs use the same stock-standard exercises that quickly become tedious, making completion feel like punishment.

Your body has its own agenda and isn't interested in solving easy problems. It won't change unless you give it a reason to pay attention.

Our solution: Drills That Transfer

To keep you motivated, we focus on drills that transfer to real life:

1. We help you master universal movement patterns that apply across multiple scenarios – proper sprinting form, leading movements with your upper body, and developing strong foot and ankle stiffness
2. Our drills encourage powerful co-contractions throughout your entire body, activating muscles together to stabilize and protect joints so you can move confidently, faster, and more explosively under impact
3. We add variability using aquabags and bands to keep your body guessing and improve its ability to self-organize in chaotic environments

PROBLEM #3: POOR GUIDANCE

We provide everything you need (and nothing you don't) to achieve movement mastery.

Most injuries occur because of incomplete guidance. Many physiotherapists boast about equipping people with self-management exercises, but when your goals are too important to leave to chance, you need comprehensive support.

The more support you have, the faster your progress and the higher your likelihood of success. You don't have to do this alone.

Our solution: Complete Support System

1. World-Class Coaching: As a physiotherapist and athlete myself I understand what cues to use to help athletes and get them stronger who have spent years working with elite athletes, teams, sports doctors, and specialists worldwide. They understand quality movement, can identify the constraints holding you back, and coach you with the right cues to focus on.
2. Regular Weekly Consultations: We provide manual therapy with dry needles, mobilizations, and massage to reduce pain and pain inhibition, allowing your muscles to operate properly. We'll watch you perform your drills, ensure correct execution, and make adjustments to keep you challenged, learning daily, and improving toward your goals.
3. Removed Mental Burden: We eliminate all the mental effort of figuring out what to do for

rehab and training. Our team builds a customized exercise program and uploads it to the TrainHeroic app so you can access it on your phone with video tutorials, sets, reps, and instructions. You don't need to think – just show up, do the work, mark it complete, and give us feedback. We check in daily, keep you accountable, provide form feedback on your videos, and offer clear guidelines on what's off-limits so everyone stays on the same page.

Our Proven System

The FM System has been perfected over 3 years, helping hundreds of aspiring athletes and weekend warriors heal better, perform at their best, and live for the moments that matter.

Let's Be Upfront

I want to be completely transparent with you:

Getting you moving pain-free and performing better won't be easy.

Healing injuries fast with lasting results takes commitment and trust in the process. We'll throw our heart and soul into ensuring you get the outcome you need, but ultimately it comes down to your dedication to putting in the work.

And it won't be cheap either.

Few allied health professionals will help people to this extent because they either don't believe they're capable, don't have the time, or lack the desire to invest fully in ensuring your success.

However, if you're willing to honor our commitment by committing to the process yourself and understand that we're providing value far beyond what you pay for, you'll achieve great and lasting results.

How We'll Work Together

Each week, we'll meet during our consultation (either in person or online) and focus on a key movement pattern you need. Then, we'll provide treatment and review your exercises to boost your recovery and ensure correct technique.

We have an exercise physiologist available on the app Monday through Friday to immediately address any questions, concerns, or requests for changes. We take weekends off to recharge, and we encourage you to do the same!

I'll personally oversee your program and care. As long as you can meet with me regularly and allocate 20-30 minutes daily to your drills, you'll crush it.

Investment Option

12-Week FM CHAMPION System

Champion-Level Performance & Injury Prevention

Total transformation to elite badminton performance

Promise: Exceed pre-injury performance with bulletproof court movement

Choose your preferred investment method:

1. **Full Upfront Payment:** \$3420 AUD (10% discount). *Maximum savings for those fully committed to their complete recovery journey.*
2. **Pay in 3:** \$1266 paid at 3 installments, 4 weeks apart (total 3800). *Balanced payment approach that aligns with your recovery milestones.*
3. **50% down and investment plan:** \$1900 down and we can organize a payment plan that works for you.

6-Week FM SMASH Program

Smash Through Pain Barriers

Complete recovery with explosive movement quality

Promise: Pain-free play with improved power and agility

1. **Full Upfront Payment:** \$2,610 AUD (10% discount). *Best value option for those ready to commit fully to their recovery journey.*
2. **Pay in 3:** \$916.66 paid at 3 installments, 2 weeks apart (total \$2,900). *Strategic payment structure that matches your progressive rehab stages.*
3. **50% down and investment plan:** \$1305 down and we can organize a payment plan that works for you.

4-Week FM RALLY Program Pricing

Rally Back to the Court Strong

Perfect for getting back in the game with reduced pain

Promise: Return to recreational play with confidence

Choose your preferred investment method:

- **Full Upfront Payment:** \$1,740 AUD (10% discount). Best value option for those ready to commit fully to their recovery journey.
- **Pay in 2:** \$966.67 paid at 2 installments, 2 weeks apart (total \$1,933). Strategic payment structure that matches your progressive rehab stages.
- **50% down and investment plan:** \$870 down and we can organize a payment plan that works for you.

P.S. If you decide to **pay in full**, I'll throw in a **complimentary one-hour performance screening session, aqua bag and foam roller for you**. We want to give you every chance to succeed, and watching you move in your element will provide valuable data to successfully transition you back to 100%.

P.P.S. Any time you invest with someone, there's a risk. What if it doesn't work? What if it's not as good as promised? What if Fan is a big fat liar?

Let's look at best and worst case scenarios:

Best Case: Over the next 12 weeks, you're part of a world-class injury rehab program. You get drills that work. You're excited about your exercises. You receive everything you need with our team's full support and start returning to what you love, living for the moments that matter without wasting any more time, energy, or money.

Worst Case: It doesn't work for you. Maybe you're a few weeks in and decide it's not right, or the content isn't quite what you expected, or you find me annoying...

In which case, anytime within **the first 14 days, just let me know, and I'll refund 100% of what you've paid. No questions asked.**

You keep all the rehab we've covered and all the exercise videos. You'll be better equipped and have practiced the drills, but won't have paid anything.

Now, there's no risk to getting started!

So, ready to move forward?

If you'd like to work together, message me on **@fan_physio "FM"** and I'll message you soon !

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