

EXERCISE PHYSIOLOGY



The Exercise Physiology Clinic provides a range of services and evidence-based exercise programs at low cost to the community. Clinical Exercise Physiology students supervised by allied health professionals, known as Accredited Exercise Physiologists (EP) integrate learning and the provision of exercise rehabilitation, education and exercise assessments.

Exercise Physiologists work closely with medical practitioners and other allied health professionals to maximise the health outcomes of patients.

The clinic provides opportunities for undergraduate students to work alongside an Accredited Exercise Physiologist. There are appointments available where students are not in attendance. All Medicare referrals and Department of Veteran Affairs (DVA) referrals are conducted by an Exercise Physiologist. A referral from your general practitioner is necessary for these consultations. Private health rebates are also available for most of our services, please check with your fund for eligibility.

WHAT DOES THE EXERCISE PHYSIOLOGY CLINIC OFFER?

It is a primary focus of our patient care that you are provided a safe and effective physical activity or exercise plan that can be done independently or in a class setting. Classes are an enjoyable way to exercise as you are fully supervised whilst following your own personalised program at the Exercise Physiology Clinic. Individual consultations are also available for patients.

We offer classes for conditions around:

- Heart, lung and vascular conditions
- Diabetes and other metabolic conditions
- Healthy ageing
- Neurological conditions
- Musculoskeletal conditions
- Cancer care
- Kidney disease.

Class activities may include:

- Muscular endurance exercises
- Cardiovascular fitness
- Strengthening exercises
- Balance and stability exercises
- Range of movement and joint mobility exercises.

Exercise is medicine for a range of conditions that people have been diagnosed with. Exercise Physiologists are fully trained to provide safe and effective exercises for these conditions. These include:

- Osteoporosis
- Heart failure and complex conditions
- Depression
- Cancer
- COPD and other respiratory conditions
- Osteoarthritis
- High blood pressure/cholesterol
- Diabetes
- Obesity and metabolic syndrome
- Physical disabilities
- Neurological and neuro-muscular disorders (stroke, MS, Parkinson's Disease).

CONTACT US

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