



Exercise Physiology

Accredited Exercise Physiologists (AEP) are university-qualified allied health professionals. They specialise in designing and delivering safe and effective exercise interventions for people with chronic medical conditions, injuries or disabilities.

Accredited Exercise Physiologists often work as part of a team involving other medical and health professionals and/or specialists. This team may include doctors, physiotherapists, psychologists and dietitians to ensure the best possible outcomes for their patients.

BODYSYSTEM[®]

PHYSIOTHERAPY EXERCISE PHYSIOLOGY REHAB



03 6231 5991



bodysystem@bodysystem.com.au



www.bodysystem.com.au



Clinic
38 Collins Street, Hobart



Rehab Studio
129 Argyle Street, Hobart



What does an Exercise Physiologist do?

Accredited Exercise Physiologists do not diagnose injuries, illness or disease. They work with the diagnosis that is supplied by another medical or health professional and then assess the patient thoroughly to determine their exercise needs. These assessments commonly include fitness, strength and /or range of motion testing.

Exercise assessment, advice and management plans for:

- Growth related changes
- Age related changes
- Under and over activity
- Osteoarthritis
- Rheumatoid arthritis
- Osteoporosis or low bone density
- Diabetes and pre-diabetes
- Chronic heart conditions
- Cardiovascular disease
- High blood pressure
- Neuromuscular disease
- Respiratory conditions
- Asthma
- Depression and mental health
- Cancer
- Brain injury
- Multiple sclerosis
- Parkinson's disease
- Stroke
- Spinal cord injury
- Cerebral palsy
- Persistent pain

What to expect

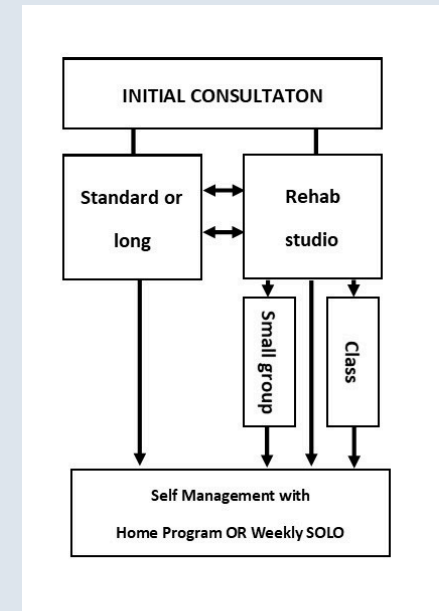


Our Exercise Physiologists will conduct a comprehensive assessment of current fitness level, medical history and individual goals. This assessment forms the foundation of your customised exercise plan.

Based on your assessment we will prescribe a specialised exercise program that is safe, effective and aligned with your goals. Your program will evolve as you progress, ensuring that you stay challenged and moving towards your goals and optimal health.

Our Exercise Physiologists will guide you through the process, giving as much support as you need to ensure you maintain proper form and technique with your exercises to maximise results while minimising the risk of injury.

Tailored plans to suit your goals



Accredited Exercise Physiologists can help create plans for:

- Exercise for health and wellbeing
- Movement for life
- Overcoming exercise barriers
- Supporting children, young people and adults to achieve health goals
- Athlete load management and monitoring
- Supporting and managing people with chronic health conditions

Private health rebates apply with extras cover that includes Exercise Physiology. We accept Chronic Disease Management and Enhanced Primary Care (CDM, EPC) Medicare referrals from GPs, as well as Tasmanian Workers Compensation and MAIB Claims.