



## Welcome to Platinum Physiotherapy

### **NOW OFFERING EXERCISE PHYSIOLOGY**

Accredited exercise physiologists (AEPs) are allied health professionals who specialise in the delivery of exercise for the prevention and management of chronic diseases and injuries. AEPs provide support for clients with conditions such as cardiovascular disease, diabetes, osteoporosis, mental health problems, cancer, arthritis, pulmonary disease and more. AEPs are eligible to register with Medicare Australia, the Department of Veterans Affairs and WorkCover and are recognised by most private health insurers.

How can an Exercise Physiologist help you?

Overcome persisting pain caused by injury or overuse

Improve your heart health

Rehabilitate following a cardiac event

Control your diabetes

Weight loss and dietary advice

Improve your recovery following cancer treatment

Improve your general health and wellbeing



# Exercise Physiology Services

Diabetes Education

Lifestyle Modification

Clinical Pilates

Falls Prevention

Cardiac Rehabilitation

Work Readiness Program

Group Fitness

## What to expect from your program....

Our Exercise Physiologist will take a thorough medical history to identify potential risk factors and assess your suitability for participating in an exercise program. You will be provided with information regarding the latest physical activity guidelines and strategies to include physical activity into your daily routine. The Exercise Physiologist will encourage you to set personalised goals and help you to achieve them using a step by step approach.

Our Exercise Physiologist will see you on a regular basis to ensure you stay on track to meet your personalised health goals. You will be prescribed an individualised home-based exercise program which will be updated regularly to include exercise progressions to ensure you are continually improving.

**PLATINUM PHYSIOTHERAPY 43245668**