



The Exercise Clinic

Exercise Therapy & Rehabilitation Services

MUSCULO-SKELETAL CONDITIONS WE MANAGE

- Sub-acute and chronic low back and neck pain
- Chronic musculo-skeletal symptoms resulting from poor postural patterns
- Osteoarthritis including pre and post-joint replacement (knee, hip, shoulder)
- Rheumatoid arthritis, polymyalgia rheumatic and fibromyalgia

PROGRAM FEATURES

- Individualised assessment and prescription of exercise
- Active therapy focused on optimising function
- Postural education and re-training of movement patterns
- Fully equipped exercise facility under the supervision of allied health professionals
- On-going support to promote sustained exercise habits
- Multi-disciplinary team comprising exercise physiologists and consultant physiotherapist and dietitian



PATIENT STORY - Reducing My Golf Handicap

I used to be very fit. I came to The Exercise Clinic following years of physiotherapy and podiatry visits in an on-going attempt to solve the painful musculo-skeletal problems I had been experiencing. For years, these problems had prevented me from enjoying and performing my chosen sports without anti-inflammatories containing strong analgesics. A regime of stretching exercises, orthotics and medication only ever provided temporary relief. The Exercise Clinic was then suggested by my physiotherapist primarily as a means of achieving strength for playing golf. But what happened was revolutionary!



For the first time ever, I was provided with a sound physiological explanation for the problems that had been causing pain and limitation. The physical assessment was thorough and the staff demonstrated an excellent understanding of my structural problems and the adaptations that had been accruing over the years. Moreover, every effort was made to understand how these problems relate to performance in daily activities and my chosen sport (golf). This regime of exercise has been therapeutic and addressed the underlying issues rather than just my symptoms. It was tailored specifically to my needs.

Benefits were noticeable within one month. Within two months, I could not only play a full round of golf with no analgesics or anti-inflammatories, but I could play nine days straight pain free! In addition my swing technique and physical confidence have greatly improved. I am beginning to feel energized, as I am on my way to no longer carrying around a body that is preventing me from enjoying physical activity!

Caroline Riley - 28/5/09

DID YOU KNOW OUR EXERCISE PHYSIOLOGISTS ARE WORK COVER ACCREDITED TREATMENT PROVIDERS?

As the nominated treating doctor or specialist, you can directly refer your patients for Exercise Physiology services. Please include a copy of their current WorkCover medical certificate and relevant scans/reports with your referral. We will assess your patients' functional capacity and directly liaise with yourself and the insurer regarding a suitable treatment plan. Exercise Physiologists can also provide services under CTP/MAA.





PRE AND POST SURGERY EXERCISE PROGRAMS

Pre-surgery exercise can:

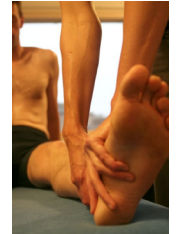
- Establish healthier lifestyle habits and assist weight management
- Prevent secondary complications and co-morbidity due to in-activity
- Delay requirement for surgery
- Assist and accelerate recovery after surgery

Following completion of hospital-based rehabilitation, a number of our patients have returned to The Clinic to participate in on-going exercise programs. On-going post-surgery exercise can:

- Enhance functional capacity and ensure a safe return to full range of activities
- Optimise joint mobility and stability
- Establish and maintain long term exercise habits

The Exercise Clinic

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PATIENT FEEDBACK – Total Knee Replacement

Lorraine attended The Exercise Clinic for an 8 week supervised exercise program, 3 days per week, prior to her total knee replacement surgery. Her program included cycling, specific knee mobility and stabilization exercises, core and upper body strengthening exercise. Lorraine returned to The Clinic 8 weeks after her knee surgery, following completion of her hospital-based rehabilitation program.

Pre-surgery exercise

“I believe that the pre-surgery preparation was the reason for my very positive experience post op, both physically and psychologically. Specifically, I gained fitness and muscle strength and felt less anxious about my overall well-being as I was participating in a program specifically suited to my needs. Psychologically I felt ready for the surgery because of my physical preparedness”

Post-surgery recovery

Following my surgery, I was generally good at doing the exercises and that helped psychologically and encouraged me to believe I could do more. The hospital physiotherapist even commented on my high level of fitness and asked what I had been doing beforehand!

I was able to stop using my stick indoors to walk about 8 days post surgery and I walked well with minimal limping, very different to what I observed in other patients. I achieved a good level of knee movement, post surgery, 130° flexion (bend) and full extension.

Post-surgery exercise

Returning to The Exercise Clinic after the completion of my hospital-based rehabilitation helped me to maintain a routine of well planned exercise. It helped with discipline, regularity, further increasing my fitness levels and overall peace of mind. I now have in place a routine of exercise to maximize my longer term health and well-being.

Lorraine Weir, 60 yrs

Program outcomes

	Pre-program (pre-surgery)	Post-program (post-surgery)
Weight	84.5 Kg	80.5 Kg
Waist	105 cm	101 cm
Physical activity participation (moderate intensity)	10 min per week	180 min per week
Aerobic capacity	5.6 METs	7.4 METs (32% increase)
Squatting range	Unable	Full range (90°)
Knee mobility	Flexion: 150° Extension: -2°	Flexion: 135° Extension: 0°

PATIENT REFERRAL: To refer patients to either our Crows Nest, Mounties or Harbord Diggers programs we appreciate the following information to assist in determining suitability for exercise: List of current medical conditions, Current medication list, Copy of recent blood tests and relevant scans. This information can be printed directly from your medical software or documented on our Clinic referral form. Bookings and enquires for both programs are made by calling (02) 9439 9773 or via email at admin@theexerciseclinic.com.au.