

## Frequently Asked Questions

### **How does The Exercise Clinic differ from other places?**

The Exercise Clinic, is situated in Crows Nest, with consulting rooms at Freshwater and Mt Pritchard. Offering Australia's most modern Exercise Physiology practices and working with General Practitioners and Medical Specialists from the major hospitals (Incl. The Mater, Royal North Shore and Manly Hospitals). The Exercise Clinic provides Exercise Physiology services in a clinical setting, and employs only tertiary qualified and Medicare registered Exercise Physiologists to manage each patient's exercise rehabilitation. During Exercise Sessions there is never more than 6 exercising patients per Exercise Physiologist, which means every patient gets the individual attention, support and advice they need to achieve the clinical, health and functional outcomes needed.

### **How do you assess the treatments necessary for recovering patients?**

Each new patient spends an hour with an Exercise Physiologist; this time is used to review the patient's medical history, their specific referred condition(s) and their goals to develop a course of active exercise rehabilitation that best suits their needs. The next visit is where we commence prescribing the exercise and working together to ensure that all exercises are done properly and effectively. After 10 supervised exercise sessions each patient is reviewed and the program adjusted to improve outcomes.

### **Do you specialise in any particular area of therapy and rehabilitation?**

We provide a safe, and non intimidating exercise rehabilitation environment for patients post cardiac surgery (incl. valve, stent, replacement etc.), hip and knee replacement or other surgery and exercise therapy programs for those who suffer osteoporosis, cancer, diabetes, sarcopenia (muscle loss), obesity, and increased cardiac risk markers such as high blood pressure and high blood cholesterol /triglycerides/sugar.etc.

### **What are some typical symptoms a patient may present to you?**

The typical symptoms are myriad such as joint pain, muscle soreness and tightness due to degeneration of skeletal muscle strength and joint alignment. We also see people who may need help in managing elevated blood sugar, cholesterol or triglyceride levels. We have a large number of patients who are dealing with balance and mobility problems

Often we have a patient sent to us by their Doctor to reduce weight or blood pressure but are unable to because they have some physical limitation that stops them from exercising. We work with them to improve how their body moves and functions to decrease any pain they may get when they move so that they can exercise at the levels required to improve their health.



**What range of treatments do you offer?**

Our Exercise Physiology treatments are all individually prescribed and focused on the patients needs. We offer different programs for Diabetes, Pre-Diabetes, Osteoporosis, Osteopenia, post and pre surgery, Coronary Heart Disease, respiratory disease, some cancers, musculoskeletal degeneration, mobility and balance problems

**What results can patients expect?**

Results are individual but, patients can expect improvements in their functional capacity, improvements in the performance of the things that they do every day like climbing stairs, getting in and out of cars, household chores, walking, standing etc.

They should also notice reduction and or stability improvements in their blood pressure, blood sugars and fats, body weight and the clinical markers that their doctors are using to monitor their conditions.

**Do patients need to continue their exercises after they have finished treatment at your clinic?**

Yes. Exercise is a lifelong requirement. We work with each patient to put together an exercise regime that they will be effective and that they will be able to follow into the future. We also provide opportunities for each patient to come back and see us for adjustments to their exercise routines when their circumstances or condition changes.

**Do you need a referral from your doctor to attend the clinic?**

No you don't need a referral, anyone with any kind of chronic condition or physical dysfunction can attend, but a referral is recommended for those people who do have a chronic condition as they are eligible for Medicare Rebates. Rebates are also available through most Health Funds and The Department of Veterans Affairs.

