



The Exercise Clinic

Exercise Therapy & Rehabilitation Services

WHEN TO REFER?

Its EASY WITH OUR **REFERRAL INDICATORS (CARE)**

Consider a referral to The Exercise Clinic for those patients who you have assessed with **CARE** and meet the following outcomes:

C
A
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**CHRONIC
CONDITION**

- Cardiovascular
- Metabolic
- Musculo-skeletal
- Other

ACTIVITY LEVELS

or
2 or more below:

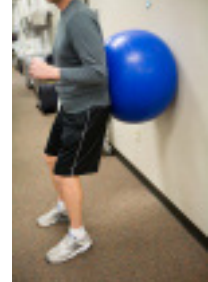
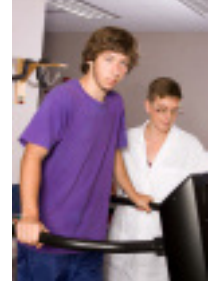
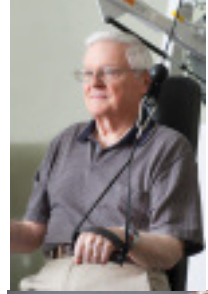
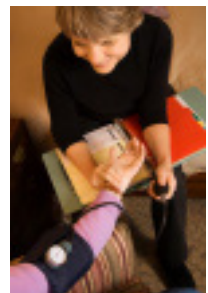
- < 150 min per week of moderate activity
- > 65 yrs and no strength or balance exercise

RISK FACTORS

- Cardiovascular
- Metabolic
- Musculo-skeletal

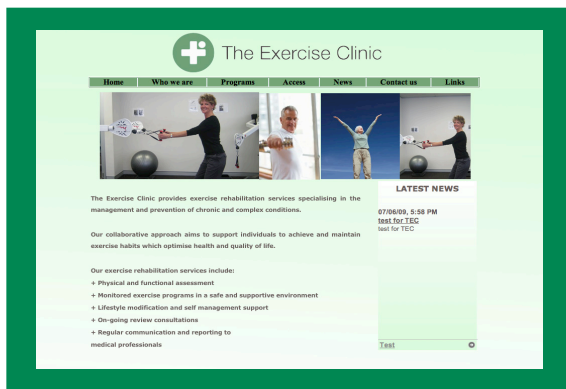
**EFFECTIVE
MOVEMENT**

- ADL/Work/Recreation limitations
- Reduced confidence in mobility
- Reduced balance (Trips/falls)



The Exercise Clinic can help your patient exercise safely and effectively towards health and medical goals required to achieve successful outcomes.

WEBSITE



We have opened our newest site!

Our new website has been developed to assist patients, Dr's, allied health professionals and other interested people find out more about The Exercise Clinic, our team, our programs and services, how to access the clinic, latest news on improving health outcomes and quality of life through exercise and much, much more. The new website goes live in the first week of February so be among the first to logon and have a look. Enter your email address to receive our regular newsletters and information on exercise rehabilitation for you and/or your patients.

NEW YEAR RESOLUTIONS

Converting good intentions into lifestyle change

The beginning of the year is quite refreshing for practitioners. We have motivated patients who come and tell us of their marvellous New Year resolutions. How we deal with these patients is crucial in determining their success. Here are some tips to help ensure this initial momentum lasts the distance:

- **LISTEN AND GET YOUR AMMUNITION**- This is the one time patients will want to tell you about their proposed lifestyle change - so embrace the moment! Help guide the conversation to gain more specific and personal details about the change - what they hope to achieve, why it is important, what they are planning to do and what support is available.
- **GET ON-BOARD**- This is the key moment to emphasise the positives your patient has voiced and discuss how you can assist and provide support as a practitioner. Linking actions to a health specific outcome (blood sugar levels, medications dosages) and discussing realistic expectations and timeframes is helpful.
- **CREATE A TEAM** – You can't be there for your patient all of the time, so involve a team of health professionals who can assist with monitoring and support between visits. For example, an Exercise Physiologist can play a role in determining a safe starting point for exercise and addressing specific areas which may limit activity participation (eg. knee pain, back pain and even confidence).
- **FOLLOW UP, FOLLOW UP, FOLLOW UP.** Before your patient leaves, agree on an action plan and set an appointment to follow-up

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(action plan successful or not). This plan could be as simple as attending a health professional, commencing the intended action or monitoring a health indicator more frequently. Ensure follow-up visits are regular over the first 3 months and be on the look-out for signs of relapse such as re-scheduling or failing to attend appointments. At follow-up visits, give patients regular feedback and assist them to problem solve barriers that have stood in their way.

PATIENT FEEDBACK – Making exercise part of my routine

Finding a regular exercise routine has been challenging for Helen as she works late 2 nights a week and on her day off work is busy with other activities. Helen's GP sent her to The Exercise Clinic after making a diagnosis of type 2 diabetes. Since then, her brother has had a triple by-pass which has added to her importance in managing her health and fitness levels.

Helen says "I make sure I come (to The Exercise Clinic) on the days that I can. The Clinic is close to work so I link my exercise to being at work and can't make excuses or get sidetracked. It's now part of my routine." Regular exercise has become more important to Helen because of "specific measurements on blood tests such as cholesterol levels and a big difference in the ease of which I do things now. I don't want to go back to where I have come from." Helen is "more confident in her exercise because "I see my progress, I monitor it (heart rate, blood pressure) and I also FEEL the progress and the sweat! I never thought I'd last more than 2 mins on a cross trainer and now I do 20 minutes!!!"

Helen Berriman



	On Referral	Current
Exercise Stage of Change	Action	Maintenance
Importance of Exercise	4/10 (Low)	9/10 (High)
Confidence with Exercise	4/10 (Low)	9/10 (High)
Physical Activity Levels	210 mins (light Intensity)	60 mins (moderate intensity)
	300 mins (light intensity)	180 mins (moderate intensity)

