

Patient Details

Name: _____ D.O.B: _____

Referred condition: _____

Medical History _____

Current medications: _____

Factors impacting on this patients capacity to undertake exercise: _____

Diagnostic Tests (Please attach copies)

Recent blood tests: No Yes Date / /

Previous exercise stress test: No Yes Date / /

Referral part of an existing

Enhanced Primary Care Plan No Yes Date / /

Referrer details

Name: _____ Date: _____


Position/Speciality: _____ Phone: _____

Signature: _____

Please tick the preferred location


- The Exercise Clinic, Crows Nest
- Freshwater Health & Fitness, Harbord Diggers Club
- M1 Health & Fitness Centre, Mounties Club


If you require further information relating to suitability for exercise please contact the Clinic.


 The Exercise Clinic P: (02) 9439 9773 F: (02) 9439 9775
E: admin@theexerciseclinic.com.au

Location

An Exercise Clinic is located near you at:

The Exercise Clinic  The Exercise Clinic
Level 2, 511 Pacific Highway
Crows Nest NSW 2065

The Exercise Clinic @ 
Freshwater Health & Fitness
Harbord Diggers Club
Evans Rd Freshwater NSW 2096

The Exercise Clinic @ 
M1 Health & Fitness Centre
Mounties Club
101 Meadows Rd Mt Pritchard NSW 2170

Contact Us

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The Exercise Clinic

EXERCISE PHYSIOLOGY SERVICES

Do you suffer from any of the following medical conditions?

Diabetes

Osteoporosis

Cardiovascular disease

Muscle loss or wastage

Weight problems

Arthritis

Cancer



An Exercise Physiologist can help you

CARE PLAN PATIENTS BULK-BILLED*



The Exercise Clinic provides exercise physiology services specialising in the management and prevention of chronic and complex conditions.

Our individualised approach aims to improve physical function and quality of life for people managing chronic disease, illness or injury.

Services

Our Exercise Physiology services include:

- + Health and functional assessment
- + Individualised home or facility based exercise rehabilitation programs
- + Lifestyle and movement modification to reduce pain, stabilise function and cement new habits
- + On-going review consultations
- + Regular communication and progress reports to other medical professionals (General Practitioner, Specialists etc).

We employ university qualified and AAESS accredited Exercise Physiologists to prescribe all exercise therapy programs and services.

Individual Care and Monitoring by Exercise Physiologists

Week 1 ASSESSMENT	Week 2 EXERCISE PROGRAMMING	Week 4 REVIEW	Week 10
Appointment 1	Appointment 2 & Appointment 3	Appointment 4	Appointment 5
Health and functional assessment	Prescribed Individual exercise programs with choice of: - Gymnasium-based exercise - Group exercise classes - Home based exercise	Review of exercise plan and health outcomes. Advice and support for lifestyle modification	

Who is suitable?

Individuals aiming to improve management of the following medical conditions:

Cardiovascular disease
Diabetes
Arthritis
Osteoporosis
Pre & post surgery
Neurological conditions
Cancer
Obesity

Individuals aiming to manage or prevent progression of the following health risk factors:

High blood pressure
Elevated cholesterol
Pre-diabetes
Weight gain
Physical inactivity
Poor stability/posture

Fees and rebates

Individuals managing a current medical condition are advised to see their GP or specialist to obtain a referral to the Clinic. Referral form attached.

Medicare - Bulk billing

Patients referred by their GP to either the Diggers or Mounties Clinics* under an Enhanced Primary Care Plan are bulk billed for the exercise programming and review consultations.

DVA Gold card holders are bulk-billed for all consultations.

Private Patients

The large majority of private health funds provide rebates for Exercise Physiology

* Note: Bulk Billing not available at the Crows Nest Clinic



The Exercise Clinic

