



The Exercise Clinic

Medically Supervised Exercise & Rehabilitation

Do you suffer from any of the following medical conditions...

Diabetes

Osteoporosis

Cardiovascular disease

Muscle loss or wastage

Weight problems

Arthritis

Cancer

Injuries

Chronic pain?



An Exercise Physiologist can help you



The Exercise Clinic

Medically Supervised Exercise & Rehabilitation



We offer services in:
Exercise Physiology & Physiotherapy



The Exercise Clinic
Suite 2, 375 Pacific Highway
Crows Nest NSW 2065

Contact Us

P: (02) 9922 2201

F: (02) 9922 7800

E: admin@theexerciseclinic.com.au

W: www.theexerciseclinic.com.au

Hours

Mon-Thurs 6.30am - 7pm

Fri 6.30am - 3pm

Sat 8.30am - 12.30pm

Rebates for eligible:

DVA, Medicare &

Health Funds

Registered

Work Cover Provider

Exercise Physiology Program - Individual Care and Monitoring

The Exercise Clinic provides Exercise Physiology and Physiotherapy services 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

- + Exercise Physiology
- + Physiotherapy
- + WorkCover
- + 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 Accredited Exercise Physiologists and Physiotherapists to prescribe all our programs and services.

*Medicare, DVA and Health Fund Rebates available

Assessment Appointments	Supervised Exercise Appointments	Review Appointment
1. Initial Assessment of Health, Physical Condition and Medical History	10 visit Clinic based exercise program	Stage Review of exercise program, personal goals, functional and health improvements
2. Functional and Physiological Assessment	Individually supervised, monitored and progressed exercise sessions	Advice and support for lifestyle modification
3. Prescription of rehabilitative exercise program	Supervised sessions available Monday to Saturday	Update and progression of prescribed exercise program
- Report to Referring Doctor		- Report to Referring Doctor
Home based programs available		

Who Is Suitable?

Individuals aiming to improve management of the following medical conditions:

- Cardiovascular disease
- Diabetes
- Arthritis
- Osteoporosis
- Acute Injury
- Pre & post surgery
- Neurological conditions
- Cancer
- Obesity
- Sarcopenia

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
- Muscle wastage
- Bone health
- Painful joints, backs and movements

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.

- * Patients who have been referred by their GP and who have an Enhanced Primary Care Plan in place are able to claim Exercise Physiology and/or Physiotherapy Services through Medicare.
- * DVA Gold Card holders are bulk-billed for all consultations.
- * Private Patients - The large majority of private health funds provide rebates for Exercise Physiology and Physiotherapy services.
- * Workers Compensation - Return to work rehabilitation services for injured workers.

