

WHAT IS AN ACCREDITED EXERCISE PHYSIOLOGIST?

Accredited exercise physiologists (AEPs) specialise in clinical exercise interventions for persons at high-risk of developing, or with existing chronic and complex medical conditions and injuries.

These interventions are provided by exercise delivery including health and physical activity education, advice and support; and lifestyle modification with a strong focus on achieving behavioural change.

AEPs are recognised allied health professionals and are specialists in their field, displaying a diverse range of knowledge and skills, working across a variety of areas in health, exercise and sport.


The aim of an AEP intervention is to prevent or manage chronic disease or injury, and assist in restoring one's optimal physical function, health or wellness.

WHAT MAKES ACCREDITED EXERCISE PHYSIOLOGISTS

DIFFERENT TO OTHER EXERCISE PROFESSIONALS?

THE DIFFERENCES ARE:

-  They are university qualified
-  They undertake strict accreditation requirements
-  They are eligible to register with Medicare Australia, the Department of Veterans' Affairs and WorkCover and are recognised by most private health insurers

-  They can treat and work with all people. From those who want to improve their health and wellbeing to those with, or at risk of developing, a chronic illness.

Accredited Exercise Physiologists are different by the possession of extensive knowledge, skills and experience in clinical exercise delivery and their ability to provide health modification counselling for people with chronic disease and injury.

WHY SHOULD YOU SEE AN ACCREDITED EXERCISE PHYSIOLOGIST?

Accredited Exercise Physiologists are the experts in prescribing the right exercise to help you prevent/manage your chronic disease, help you recover faster from surgery or an injury or help you maintain a healthy lifestyle.

ACCREDITED EXERCISE PHYSIOLOGISTS CAN HELP TREAT AND OR/MANAGE:

- Diabetes and Pre-Diabetes
- Cardiovascular disease
- Obesity
- Different forms of cancer
- Depression and mental health conditions
- Arthritis and osteoporosis
- Chronic respiratory disease and asthma
- Musculoskeletal injuries
- Neuromuscular disease
- And many, many more...



Health &
Rehabilitation
Services

ABOUT Health & Rehabilitation Services

Passionate About Inspiring Others

Dedicated health professionals experienced in the health industry offering services in exercise physiology, remedial massage, nutrition, naturopathy, yoga and meditation. Health and wellness is our passion. We welcome all Medicare, DVA, Diabetes, Chronic Management Plan, Work Cover, Work Assessment & Private Health Clients. Health & Rehabilitation services in the Pottsville and NSW North Coast.

Our Mission is to assist clients to improve their diet, lifestyle, functional movement and rehabilitation.

- * Chronic Spinal Pain & Injury Program
- * Functional Strength For Life Program
- * Weight Management Program
- * Chronic Arthritis Program
- * Clinically Guided Weight Loss Program
- * Asthma Education & Self-Management Program
- * Chronic Shoulder Program
- * Balance & Mobility Program
- * Chronic Pain Program
- * Falls Prevention Program
- * COPD Education & Self-Management Program
- * Guided Fitness For Chronic Medical Conditions
- * Post - Surgical Program
- * Healthy Heart Program
- * Healthy Mums Program
- * Diabetes Group Education Program

Our Services

- Accredited Exercise Physiology
- Nutritionist
- Remedial Massage
- Dry Needling & Cupping
- Taping & Sports Team Services
- At Home, Aged Care Facility or Clinic Option

CONTACT INFORMATION

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ACCREDITED EXERCISE PHYSIOLOGIST