



WHAT IS AN EXERCISE PHYSIOLOGIST?

"Exercise Physiologists are equipped with knowledge, skills and competencies to design and deliver safe and effective exercise interventions for people with chronic medical conditions, injuries and disabilities."





WHAT IS AN EXERCISE PHYSIOLOGIST?

What conditions can Exercise Physiologists help with?

- Cardiovascular
- Musculoskeletal
- Respiratory
- Metabolic
- Cancer
- Neurological
- Mental Health
- Kidney

When should you see an EP?

- You're living with a chronic condition
- You're living with chronic pain
- When you're recovering from an injury
- You're living with mental illness
- You need confidence with exercise
- Your need pre-surgical and post-surgical interventions
- You have a new medical diagnosis
- You want to improve your functional independence and balance.
- You want to increase activity safely



No single intervention has greater promise than exercise to reduce the risk of virtually all chronic diseases simultaneously.



EXERCISE PHYSIOLOGIST VS. PHYSIOTHERAPIST

Exercise Physiologist

- Specialise in exercise and movement for the prevention and management of chronic diseases, injuries and complex medical conditions
- Primarily treat patients using clinical exercise interventions
- Strong focus on behavioural change and self-management concepts
- Treatment is aimed for long term management and prevention of further injury or comorbidities.

Physiotherapist

- Assess, diagnose, treat and manage acute injury, disability and pain through physical methods
- Provide a range of services: exercise, airway clearance techniques and breathing exercises, joint manipulation and mobilisation, massage, acupuncture and dry needling, hydrotherapy and assistance in the use of mobility aids
- Treatment is aimed towards recovery from injury, restoring mobility and functionality, and prevention of re-injury

