

# Exercise PHYSIOLOGY

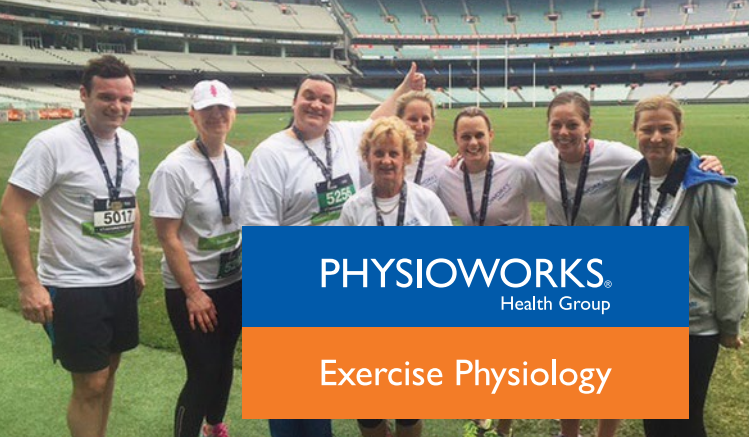


***“Everybody, no matter their condition,  
can benefit from some form of exercise”***

Exercise Physiologists specialise in the delivery of exercise programmes & exercise rehabilitation; from elite athletes to those who suffer a range of chronic diseases & injuries, such as diabetes, obesity, arthritis, osteoporosis & cardiovascular disease.

Medicare will fund Exercise Physiology (EP) for GP referred clients with certain chronic conditions, such as diabetes, osteoporosis & cardiovascular disease under the Enhanced Primary Care (EPC) Programme.

At Physioworks Health Group all new EP participants undergo an exercise assessment with a qualified Exercise Physiologist prior to commencing a programme. This assessment includes baseline physiological measures, a variety of appropriate fitness and strength tests, goal setting & demonstration of relevant exercise.



# PHYSIOWORKS®

Health Group

## Exercise Physiology

Physioworks Exercise Physiology services are available at our Camberwell, Cranbourne, Mulgrave & Pakenham clinics:

- Medicare - EPC program
- Medicare - Type 2 Diabetes Incentive
- Group Exercise classes
- Private Exercise Physiology Assessment (60 minutes)
- Private one-on-one Exercise sessions
- High-level Group Exercise classes

Our EP team are all highly credentialed, university qualified, fully accredited exercise physiologists, who are committed to ensuring that all participants enjoy & benefit from expert fitness & exercise guidance.

### Brooke DeHey Exercise Physiologist

Brooke has expertise in exercise assessment & prescription for neurological conditions such as MS, PD & stroke, as well as chronic conditions: Osteoporosis (OP), Osteoarthritis (OA), CVD & diabetes. Brooke has interest in exercise treatment of low back injuries, running re-ed, strength, fitness & youth sport training specifically netball.



### Jude Hewavasam Exercise Physiologist

Jude has professional interest in mental health conditions, incorporating specific exercise & education to those living with these conditions. Jude has a wide ranging expertise including exercise treatment of musculoskeletal conditions, sports rehabilitation & strength & conditioning for sport, especially football, basketball & athletics.



### Megan Jepson Exercise Physiologist

Megan works with clients suffering from chronic conditions such as diabetes, chronic musculoskeletal injuries, educating & assisting them improve their quality of life. Megan has a special interest in exercise assessment & prescription for pre & post-natal women.



### Daniel Jeavons Exercise Physiologist

Daniel Jeavons has a special interest in chronic disease management: OP, OA & musculoskeletal injuries. Daniel has a passion for fitness, specifically assisting his clients with strength & conditioning required for basketball & football.



Appointments for Exercise Physiology are essential. Please ask at or call reception at your Physioworks preferred clinic for EP bookings:

Camberwell  
98896611

Cranbourne  
59951111

Mulgrave  
97950668

Pakenham  
59415499