

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 & strength tests, goal setting & demonstration of relevant exercise.



PHYSIOWORKS
Health Group

Exercise Physiology

Physioworks Exercise Physiology services are available at our Camberwell, Cranbourne & 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 chronic conditions, in particular osteoporosis, weight loss, hypertension & diabetes. Brooke has a special interest in running assessment, re-education & fitness, as well as sport specific training, particularly netball.



Jude Hewavasam Exercise Physiologist

Jude has a long term professional interest in diabetes, incorporating specific exercise & education to those living with diabetes. Jude has wide ranging expertise including musculoskeletal conditions & sports rehabilitation. He has a special interest in strength & conditioning for sport, especially football & basketball.



Megan Jepson Exercise Physiologist

Megan works with clients suffering from chronic conditions such as Multiple Sclerosis & diabetes, as well as chronic musculoskeletal injuries. Megan has a special interest in exercise assessment & prescription for pre & post natal women.



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

Camberwell 98896611 | Cranbourne 59951111 | Pakenham 59415499