

EXERCISE PHYSIOLOGY

Exercise Physiologists are specialised healthcare professionals that prescribe exercise as medicine to treat a range of conditions. Our Exercise Physiologists can provide tailored exercise guidance for your client's specific goals and health concerns.



WHEN SHOULD YOU SEE AN EXERCISE PHYSIOLOGIST?

- ✔ Support with improving strength and functional independence
- ✔ Chronic health management through exercise
- ✔ Persisting pain, long term injury management
- ✔ Navigating a new diagnosis e.g. Diabetes, cardiac or arthritis
- ✔ Individualised or group based balance training
- ✔ General health and well-being support including lifestyle changes.

AN EXERCISE PHYSIOLOGIST CAN...

Work individually with clients to develop personalised exercise intervention that are safe, effective, and tailored to the individual. They can provide guidance on maintaining an active lifestyle whilst effectively managing pain and chronic health conditions.

For more information and to access this service privately contact us.

To use your HomeCare Package, speak with your BallyCara HomeCare Coordinator to arrange a referral.

Contact Us:

☎ 1300 272 222

🌐 wellness@ballycara.com