



# EXERCISE PHYSIOLOGY

Our Exercise Physiologists specialise in clinical exercise intervention for people who may be at risk of developing or have existing medical conditions or injuries. They work closely with you to prescribe and evaluate safe and effective exercise programs to prevent or manage pain, increase movement, improve mobility, strength and balance, and provide physical activity education.

## How we can help you

Our Exercise Physiologists are experienced in assisting you to maximise your potential and to meet your goals through individualised exercise prescriptions based outdoors, in the gym or in the hydrotherapy pool.

There are a number of ways our Exercise Physiologists can help you:

- Managing your chronic pain
- Rehabilitation after experiencing a traumatic injury
- Assessments of functional capacity
- Advice on lifestyle modifications
- Exercise prescription to improve functional strength, core and balance levels.



## Experience the Spinal Life difference

You're in safe hands! Our Exercise Physiologists offer specialised insight, expertise and professionalism to help you live your life your way.

## Where do we offer Exercise Physiology?



**Spinal Life**  
**Healthy Living Centre**  
Brisbane and Cairns



**Telehealth\***

We provide this service to adults and children with all types of injuries and disabilities.

*\* not all exercise physiology programs can be carried via Telehealth.*

Talk to us today!  
[spinal.com.au](http://spinal.com.au) | 1300 774 625



 **Spinal Life**  
AUSTRALIA