



How Exercise Physiology Can Help

The term “Exercise Physiologist” describes professionals from within the field of exercise science who have specialised in either health and fitness or exercise rehabilitation streams at university. An Exercise Physiologist strives to match the immediate aspirations and needs of the client with appropriate exercise interventions, and develops strategies which promote and assist their health, wellness and lifestyle.

Exercise interventions often involve more than physical activity, and as a consequence the Exercise Physiologist does not practice in isolation but will collaborate with other recognised health practitioners (physiotherapists, psychologists, massage therapists and your doctors). We will also help you understand your problem as best as you can and continue to describe and work with you as to what YOU can best do to help your recovery.

At Capital Rehabilitation, the Exercise Physiologists are ideally suited to provide professional services in the area of exercise as a treatment strategy in physical rehabilitation (land based exercises, home/self- management programs and hydrotherapy), as a preventative strategy for disease prevention, and work hardening as part of establishing and sustaining functional independence. They provide the focus on improving and increasing strength, range of movement, mobility and stability for the targeted injury or concern.