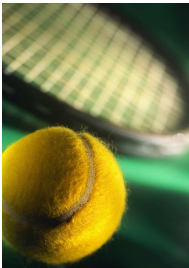


## What can an Exercise

## Physiologist do for me?

Working either alone, or in conjunction with Medical personnel, sports coaches or family members, an Exercise Physiologist can assist with...

- Lifestyle management
- Cardiac rehabilitation
- Musculoskeletal rehabilitation
- Diabetes management
- Chronic fatigue syndrome
- Injury prevention
- Body composition analysis
- Sports conditioning



## **Your Exercise Physiologist**

Rob Stanton has over 15 years experience in exercise prescription and assessment. This experience has been gained through working with athletes; the prescription of exercise and lifestyle interventions for injured workers, cardiac and diabetic patients, and those with low fitness and physical capacity. An Honours degree in Human Movement Science and presentations and publications both Nationally and Internationally, add to this experience.



**Rob Stanton BHMSc (Hons) MAAESS AEP  
Accredited Exercise Physiologist**

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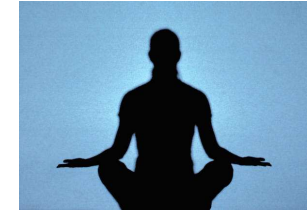
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# Integrated Physical Performance

ABN 47 682 176 253



- Chronic disease management
- Physical conditioning
- Rehabilitation
- Education



## **What is an Exercise**

### **Physiologist?**

An exercise physiologist is an exercise professional with University qualifications in Exercise and Sports Science, or a related area. Exercise Physiologists are accredited with the Australian Association of Exercise and Sports Science (AAESS) who define the domain of the Exercise Physiologist as matching the immediate aspirations and needs of the client with appropriate exercise programs. Programs will rarely only involve physical activity and therefore the Exercise Physiologist does not practice in isolation and will work with other health practitioners. An Exercise Physiologist is ideally suited to providing professional services in the area of exercise as a treatment strategy in physical rehabilitation, as a preventative strategy in disease prevention and improvement of health, and for the enhancement of activities of daily living.

## **Lifestyle management**

An effective lifestyle management program can aid longevity and reduce disease risk.

### **Cardiac rehabilitation**

Appropriate exercise is an effective rehabilitation strategy following a cardiac event to improve fitness and restore functional capacity.

### **Musculoskeletal rehabilitation**

Strength and flexibility training may assist in the restoration of pre-injury levels of work capacity.

### **Diabetes management**

Exercise may improve insulin sensitivity and aid in diabetes management.

### **Chronic fatigue syndrome**

Current evidence suggest that strength training and aerobic conditioning may aid in the management of CFS.

### **Injury prevention**

Whether for sport or work, exercise for injury prevention is cost effective and rewarding.

## **Health fund rebates**

Rebates are available from a number of Private Health Funds. Please contact your Health Fund to confirm your eligibility for a rebate and the level of rebate available.

### **Medicare**

Currently, no rebate is available from Medicare for Exercise Physiology services. Patients who are on an Enhanced Primary Care program via their General Practitioner may be eligible for rebates for GP referred services under the Treatment Plan. Check with your GP for more information.

### **Payment of accounts**

- Payment is required upon completion of the consultation.
- If the treatment is eligible for a Health Fund or Medicare rebate, take the account, paid in full, to the provider for your rebate.
- Payment can **ONLY** be accepted by cash or cheque.