

Aim Exercise Physiology's 'Falls prevention + independent living' program provides support and advice for people seeking professional assistance with preventing falls and maintaining independence in daily living – the key to maintaining the ability to live in your own home. A **fully integrated Exercise Physiology + Physiotherapy service** is provided to provide optimal results, service excellence and to foster healthy lifestyle choices. Suitable activity or exercise modifications, positive exercise experiences and implementation of personalised plans helps to ensure long term success with goal attainment and improved quality of life.

Initial Exercise Physiology (EP) assessment

- Obtain medical history and understanding of past and present physical activity participation.
- Obtain functional outcome measures for falls prevention to identify strengths, weaknesses & progress.
- Interpret functional fitness levels (normative data) to clarify your needs for mobility & falls prevention.
- Design and implementation of tailored studio exercise and home-based activity / exercise schedule
- Set up physical activity monitoring.
- Plan suitable schedule for further 1:1 consultations, group exercise classes and progress reviews.

Initial Physiotherapy (PT) assessment

Initial 40 minute consultation and follow up 30 minute consultation with the therapist who will:

- Review medical history, current/past exercise and activity
- Clinical assessment of relevant movement and functional abilities.
- Identify requirements relating to pain or limitations that may impact exercise performance or progress
- Work with you & the EP to implement a personalised plan to improve your mobility + independence

Individual exercise sessions and private classes

After the Initial assessments, there may be a need or want for further individual sessions with either the Exercise Physiologist or Physiotherapist. Factors such as complex medical history, poor motivation levels, slow progress and adherence, low confidence in exercise, poor exercise technique and control, deconditioning and self-consciousness could be reasons you may feel that further one-on-one exercise sessions or private consultations are needed, until you are ready to attend group sessions.

Group exercise sessions

- Groups exercise sessions run by our Accredited Exercise Physiologists and Physiotherapists offer **more exercise + equipment access at lower cost** than one-on-one exercise sessions.
- 2-7 clients per class ensures close supervision for safety, good technique and progression.
- Each participant has an *individual program* tailored to specific health and wellbeing goals.
- A relaxed exercise environment where individuals can work at their own pace.

Follow-up consultation

Follow-up consult includes review of outcome measures, goals, experience, progression and upgrading.

Cost			
Initial Assessment:	EP visit 1: 60 minutes – \$130	EP visit 2: 30 minutes – \$70	Physio visit 2: 20 minutes – \$70
	Physio visit 1: 40 minutes – \$79.50		
Follow-up consultation: (subsequent or review consult if required)	EP or Physio:	30 minutes – \$70	
Group exercise: \$21/session; Concession \$19; PHI rebates apply*; Package & Membership discounts avail.**			
** Medicare's EPC plan. Diabetes care plan & Dept. of Vet Affiars (DVA) funding / rebates apply.			

Funding + Rebates

Please note that most private health insurance (PHI) funds cover Exercise Physiology and Physiotherapy services – *please check with your PHI fund for specifics of your policy and the rebate you are entitled to. All of our studios have a HICAPS machine for on the spot rebate claiming. Ask us about your eligibility for Dept. of Vet Affiars (DVA) or Medicare [EPC or Diabetes care plan] funding/ rebates++.

Doctors referrals

No doctor's referral is required for private patients. A doctor's referral is required for eligible services under Medicare's EPC or Diabetes care plan, Dept. of Vet Affiars (DVA) or RTW-SA .

aim Exercise Physiology - Better Living!

For appointment bookings and enquiries

T 08 8331 1557; F 08 8331 2579
web: www.aimphysio.on.net email: admin@aimphysio.on.net

Exercise studio locations:

Toorak Gardens, 363 Greenhill Rd
Oakden Medical Centre, 132-134 Fosters Rd, Hillcrest