

What is Exercise Physiology?

Accredited Exercise Physiologists (AEP) are university qualified allied health professionals who specialise in clinical exercise prescription & health education. They use exercise-based techniques to assist in the prevention and management of chronic diseases and injuries



Who can it help?

AEPs provide physical activity and behaviour change support for people with cardiovascular disease, diabetes, osteoporosis, depression, cancer, arthritis, COPD and many more. AEPs also assist with changing unhealthy risk factors, such as inactivity to prevent the onset of chronic disease. AEPs specialise in helping people perform exercise in a safe & effective manner

What programs are running

- Private Consultations
- Personal Training
- Work Conditioning
- Strength & Conditioning
- Clinical Exercise
- Rehabilitation from Injury
- Diabetes Assessment & Group programs

1:1 Consultations

Following a comprehensive functional assessment, 1:1 consultations allow for detailed supervision of individualised programs, optimising program outcomes for all clients.

Group Sessions

Small group sessions allow clients to complete their tailored exercise program under close supervision in our on-site gym.



Introducing Jane McCaig.

Jane has a background in clinical exercise with over 10 years of industry experience providing & leading services including pre & post surgery, injury management, diabetes, oncology, osteoporosis, arthritis and cardiovascular disease programs.

Jane has degrees in Human Movement and Post Graduate Exercise Rehabilitation, and a Masters in Public Health.



Lifestyle Modification

Ensuring we lead an active lifestyle and eat a balanced diet can increase our chances of living a long and healthy life. We provide advice and education strategies that make the healthy choice easier. This can include how to safely begin an exercise program as well as nutritional information for weight management.





fusion allied health provides the avenue for premium like-minded health professionals to operate a quality multi-disciplinary service.

SERVICES

Pilates
Falls & Balance
Rehab Gym
Home Visits
Hydrotherapy
Ai Chi Meditation
Work Conditioning
Strength Training
Education
Personal Training
Back Care

DISCIPLINES

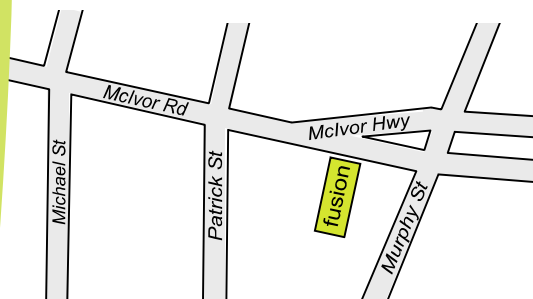
Physiotherapy
Podiatry
Remedial Massage
Exercise Physiology
Aquatic Physiotherapy
Diabetes Education
Occupational Therapy

fusion represents the blend of traditional health concepts with modern advances in technique and approaches.

APPOINTMENTS

To make an appointment for any of our services please call our reception staff between 9.00-5.00 Monday-Friday.

Appointments outside normal working hours are available.



86 Mclvor Rd BENDIGO

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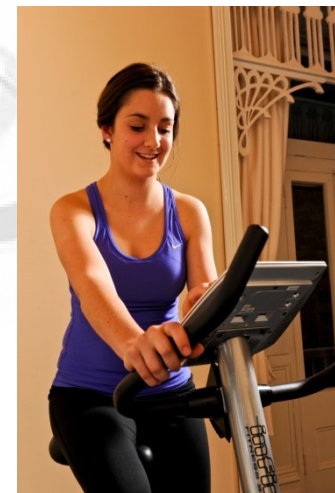
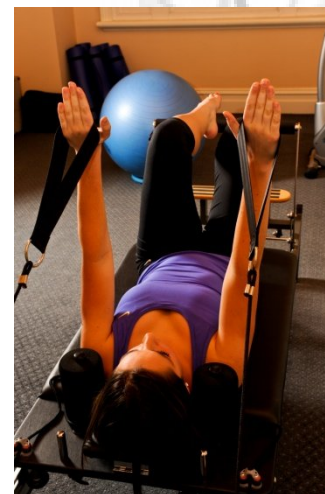
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Exercise Physiology @ fusion



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