



**SPECIALIST  
SPORTS MEDICINE  
CENTRE**

**Do you want to explore different techniques of training?  
Do you have an Musculoskeletal injury?  
Do you have a Chronic Disease?  
Do you have Psychological concerns?  
Or do you just want to have a better understanding of your body?**

**LOOK NO FURTHER!!!  
Supervised Exercise Is The Answer!!!**

**What is an exercise physiologist you ask?**

An “Exercise Physiologist” is a university qualified professional who specialises in health, fitness, nutrition, and /or rehabilitation. This field is constantly evolving as knowledge in the area of physical conditioning and rehabilitation increases.

Our Exercise Physiologist, Sarah Balfour, is passionate about providing a holistic approach to rehabilitation and exercise prescription. Her goal is to increase quality of life through the use of exercise prescription as well as education. She encourages and educates patients to develop healthy lifestyle habits to enable them to manage their chronic disease/medical condition in the best possible way. Sarah provides physical activity and uses corrective exercise methods and she is highly dedicated to treating a wide range of health conditions using the current evidence based practice.

## Who is suitable for an Exercise Program?

ANYONE who would benefit from supervised exercise; aimed at Improving their Physical, Social, Psychological Health and Well-being. These patients may have one or more of the following:

- Type 1 & 2 Diabetes
- Obesity
- Depression/Anxiety
- Weight loss/gain
- Stroke rehabilitation and management
- Musculoskeletal Injury rehabilitation
- Arthritis, Osteoarthritis, Osteoporosis
- Asthma, COPD
- Musculoskeletal chronic pain
- Cardiovascular diseases

## How do I access an Exercise Physiologist and is it covered under Medicare?

Your GP will be able to let you know if your eligible for Medicare care plans. Patients who have a GP Management Plan (GPMP) or Team Care Arrangements (TCAs) have access to An Accredited Exercise Physiologist on the Medicare Benefits Schedule. Eligible patients can claim a maximum of 5 Exercise Physiologist sessions per calendar year. In addition, patients with a GPMP and type 2 diabetes can also access Medicare rebates for up to 8 Exercise Physiologist sessions per calendar year. There is NO CHARGE for DVA Gold Card holders.

If you have any questions or queries, please don't hesitate to contact **Specialists Sports Medicine Centre** on:

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