



Exercise Physiology

Injury prevention and Chronic Disease Management.

Exercise Physiology assists you to prevent and manage injuries, and can assist with long term (chronic) health conditions.

Our service is confidential and respectful of your needs, circumstances and culture.

Exercise Physiology uses exercise interventions to assist you to prevent injury and manage medical conditions such as diabetes, heart or lung diseases and muscle and bone conditions.

Working with an Exercise Physiologist can assist you with:

- Health and physical activity education.
- Advice and support specific to your circumstances.
- Positive lifestyle changes with a strong focus on your needs.
- Individualised programs tailored for your needs; home or centre based appointments available.
- Group based classes and programs to benefit your health and wellbeing.

Exercise Physiology groups* at Nexus:

- Falls prevention and balance group.
- Strength training group.
- Gentle exercise group.

- Hydrotherapy (warm-water exercise) group.

*note: eligibility criteria may apply to some groups, speak to the Nexus team for more information.

Group format and locations:

- For one hour,
- Once a week over a ten week term, (4 terms in the year)
- Located at Broadford, Seymour, Wallan and Kilmore.

Accessing this service:

- You can refer yourself to this service by contacting us on 1300 77 33 52, or a family member, parent or care giver can refer you.
- This service is available through **self-funded (fee paying)** system. Speak to our team about fees – private health insurance rebates may apply.

Bulk Billing

- **Bulk Billing** is available for Exercise Physiology as part of a Team Care Arrangement completed by your GP – therefore there is no out of pocket expense to you.

 #YOLO Live Well

You only live once, live well.

Bulk Billing

This service is registered with the Medicare Benefits Scheme.

Need help?

To find out more about Nexus, please contact us on:

t 1300 77 33 52

info@nexusprimaryhealth.org.au

Broadford
72 Ferguson St

Seymour
22 Callen St

Kinglake
19 Whittlesea-Kinglake Rd

Wallan
7-11 High St

PO Box 84
Broadford Victoria, 3658

t 1300 77 33 52
nexusprimaryhealth.org.au

ABN 40685 448 071

