

Exercise Physiology

We use evidence-based exercise interventions to help you improve your strength, cardiovascular endurance, balance and mobility.

**Uniquely tailored
therapy programs
for people with
Acquired Brain
Injury and other
Neurological
Conditions**

At ONE Rehabilitation Service, our Exercise Physiology programs provide you with strategies to self-manage and undertake exercise independently.

We use evidence-based exercise interventions to help you improve your strength, cardiovascular endurance, balance, and mobility.

Our programs are designed to help you reach your optimal physical function, health and emotional well-being.

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Brain Injury
Stroke
Neurological Conditions

Benefits

- Improved exercise capacity and mobility
- Improved cardiovascular fitness
- Increased muscular strength and endurance
- Improved balance and coordination
- Increased mobility and function
- Improved flexibility and joint range
- Increased independence with functional tasks
- Improved cognition and overall brain functioning
- Reduced depression
- Increased confidence with physical ability
- Increased functional capacity
- Reduced risk of co-morbidities such as Cardiovascular Disease, Diabetes and Obesity, Hypertension



Exercise Physiology programs provide you with strategies to self-manage and undertake exercise independently.

We Provide

Exercise Physiology Assessment

- Pre-exercise screening & risk factor stratification.
- Identify barriers and special considerations for exercise to create a safe and effective program.
- Measurement of physiological parameters
- Motivational interviewing to assist with behaviour change.
- Identify SMART Goals.
- Completion of functional fitness tests to identify client's current fitness level and physical limitations.

Clinical Exercise Prescription

- Supervised exercise offered at home, in the clinic or in your local gym.
- Individualised exercise programs with client specific and achievable goals.
- Programs designed and delivered to overcome mobility limitations and improve confidence with exercise.
- Safe evidence-based exercise prescription
- Support in developing self-management strategies.
- Provision of appropriate health information and resources.