

## Exercise Physiology

**Blue Care is uniquely positioned as one of Australia's leading residential aged care, community care and retirement living providers. We are founded on a compassionate approach to care and our reputation is built on our highly experienced team who work in more than 260 centres, in 80 communities across Queensland and northern New South Wales.**

Blue Care's Allied Health service is made up of a multidisciplinary group of healthcare professionals, including Exercise Physiologists, who provide comprehensive assessment, diagnosis, treatment and advisory services to clients.

Exercise Physiologists specialise in clinical exercise interventions for people at high risk of developing, or with existing chronic complex medical conditions and injuries. These interventions are facilitated through health and physical education, advice and support and lifestyle modification with a strong focus on achieving behavioural change.

Depending on your individual needs, our Exercise Physiologists can provide support with the following:

- Screening and risk stratification to ensure the safety and appropriateness of exercise and physical activity
  - Interventions assessing 'movement' capacity for people of all ages and levels of fitness or wellbeing.
  - Development of safe, effective and individualised exercise interventions
  - Provision of health education, advice and support to enhance health and wellbeing.
- Provision of exercise intervention and advice for those at risk of developing a chronic condition or injury.
  - Provision of clinical exercise prescription, for those with existing chronic and complex medical conditions.
  - Provision of rehabilitation and advice for patients following the acute stage of injury, surgical intervention, or during recovery to restore functional capacity and wellbeing.

Blue Care's Exercise Physiologists also host sessions and group programs to support clients and their carers with information and advice.

Referrals to Blue Care's Physiotherapy services may come from the client, carer, residential facility, health professional, family member or friend.

For further information on the availability of Exercise Physiology services in your area, please contact us. Our friendly team can talk to you about your specific needs and develop and individualised program of care.

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