

# Exercise Physiology

In partnership with Donvale  
Rehabilitation Hospital



Ramsay

**health** *plus*

[ramsayhealthplus.com.au](https://ramsayhealthplus.com.au)

# Ramsay Health Plus Exercise Physiology

Our team of exercise physiologists are university-qualified allied health professionals. They specialise in designing and delivering safe and effective exercise interventions for people with chronic medical conditions, injuries or disabilities. Our team will work closely with you to improve and restore your level of health, function and fitness after surgery, illness or injury.

## Individual Exercise Physiology

One to one sessions allow for your exercise physiologist to conduct a highly individualised assessment and provide a treatment program tailored specifically for your needs.

## Group Exercise Physiology Sessions

Group sessions are a great way to continue to work towards your individual goals in a small group setting under the supervision of an exercise physiologist.

You will be provided with an individualised program tailored specifically to your needs. Your exercise physiologist will continually reassess your progress and advance your program as you work towards your goals.

## What you need to know

- No referral is required to come see us, although feel free to bring any correspondence from your GP/Specialist.
- Claimable through extras cover.
- We happily accept Chronic Disease Management plans.

### **Ramsay Health Plus Tunstall Square**

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