

# Information Sheet

## What is an Exercise Physiologist?

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Exercise Physiologists (EPs) can provide exercise and lifestyle support for people with chronic diseases and injuries as well as athletes; the primary aim being to encourage lifestyle changes that are sustained in the long term.

Services can include individual or group based lifestyle counselling, self-management support, exercise advice and monitoring of behavior changes, with a view to promoting independent lifestyle management.

The primary modes of treatment for EPs are behavioural coaching, health education, exercise counselling and physical rehabilitation.

### How can an Exercise Physiologist help?

EPs specialise in exercise prescription including individualised exercise programs, promoting leisure-time and incidental activity, and counselling to reduce inactive behaviours.

Initially a range of assessments would be conducted to ensure the activity prescription is safe, effective and likely to be maintained in the long term. The patient will then be given the option of receiving a home based program, ongoing support in an exercise clinic, or a referral to an appropriate local physical activity provider with follow up help provided by the EP.

### When to refer to an Exercise Physiologist

EPs work with a range of populations, including people with:

- Cardiovascular disease
- Diabetes
- Osteoporosis
- Depression
- Cancer
- Arthritis
- COPD
- Chronic pain

An EP could be referred at the point of initial diagnosis, following the identification of risk factors, or to promote general wellbeing.

### Medicare Eligibility

EPs must be accredited by the Exercise & Sports Science Australia (ESSA) as an 'Accredited Exercise Physiologist' to be eligible to provide services under Medicare. Rebates are also provided by private health insurers.

### For further information visit

- [www.essa.org.au](http://www.essa.org.au)