



Exercise Physiology

A regular newsletter from Adelaide Exercise Physiology ■ Volume 1, Issue 1 July 2009



REUBEN VANDERZALM

Welcome to the first edition of Adelaide Exercise Physiology's newsletter. As a special service to our GPs and Practice staff, our exercise physiology team will be bringing you the latest relevant health information to assist your patients.

We will aim to provide you with latest and most useful exercise physiology information available. All articles reviewed will undergo a thorough scientific evaluation.



CHRIS FTINOGIANNIS

Good news for people with osteo-arthritis

RECENT STUDIES suggest that an individualised approach consisting of supervised, targeted exercise coupled with a home based program can reduce pain associated with osteo-arthritis.

Reductions in joint pain are attributed to an increase in joint flexibility, strength and endurance which leads to an



increase in the patients' overall quality of life.

Reference: Stitik TP. *et al*: Am J Lifestyle Med 2007; 1 (5):360-366

IN THEIR OWN WORDS

"AEP's high quality of care, professionalism and patient accessibility has enabled my patients to obtain the associated health benefits that only regular exercise can offer."



Dr Chek Ng

What's new at AEP

EACH CLINIC is now equipped with an electronic vitalograph spirometer.

Patients with asthma/COPD will be assessed prior to commencing an exercise program.

Data will be collected to evaluate the effectiveness of the prescribed exercise programs.

Group works!

IN CLINIC, group classes are an integral component of exercise physiology services.

Group services offer patients support, regular exercise, social interaction and are proven to obtain better outcomes.

A host of group options are available including DVA groups, Medicare Type 2 diabetes groups,



privately funded general conditioning groups and War Widows Groups.



All Medicare services are bulk-billed.

Exercise classes from \$8.50 • Eight week group diabetes program
DVA exercise classes • Casual gym memberships

CURRENT CLINIC LOCATIONS

699 Port Road, Woodville Park

Ph. 8244 0450 E info@aep.net.au W www.aep.net.au

1187 South Road, St Mary

1017 North East Road, Ridgehaven (OPENING JULY)

