



What to expect for your
personalised appointment:

- ✓ Friendly and welcoming professionals
- ✓ Thorough Health Evaluation
- ✓ Collaborative Goal Setting
- ✓ Tailored Exercise Program
- ✓ Holistic Wellness Discussion
- ✓ Ongoing follow ups and checking in as required to ensure that you are on the right track !



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most trusted health networks*



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THE MOVEMENT CLINICIANS

*Where movement
is medicine*

Reshape your Health Through Movement with **The Movement Clinicians**



Are you ready to embrace a healthier, more active life?

At **The Movement Clinicians**, we believe in the extraordinary potential of the human body. We are passionate about harnessing the power of exercise as a form of medicine to promote health and well-being and to address specific health challenges.

Our mission is to get people back on their feet, keep them moving forward, and help them feel stronger every step of the way. Whether you're facing health hurdles or simply want to move better, we deliver expert, evidence-based care — combining exercise physiology and hands-on treatment

Unable to come to us? Enquire today about **mobile** or **Telehealth** services.

What is an **Accredited Exercise Physiologist** (AEP)?

Accredited Exercise Physiologists are university qualified professionals with a minimum of 4 years of study. **We use exercise to prevent, treat and manage short and long term health conditions, injuries and diseases.** We also work with non-injured individuals in achieving their health goals.



Our purpose is to:

- *Optimise your health status, improve your function and your quality of life*
- *Prevent decline of your health status*
- *Assess and measure your capability to determine suitable movement for your desired goals*
- *Motivate, educate and empower you to increase your confidence to self-manage your health outcomes. This will help you take control of and improve your health.*

Conditions we treat

Heart/Cardiac disease

High blood pressure, cardiovascular disease

Diabetes

Type 1, Type 2 & Pre-Diabetes

Lung/Pulmonary Conditions

Asthma, COPD

Musculoskeletal injury

Arthritis, tendon or joint injuries, back pain

Pre- and post-surgery rehabilitation

Obesity and Weight Management

Neurological Conditions

Multiple sclerosis, Parkinson's disease, Stroke survivors

Mental Health & Wellbeing

Anxiety, Depression, Stress Management

Cancer Rehabilitation

Pregnancy and Postpartum Health

Aging-Related Concerns

Falls prevention, functional independence

Sports Performance & General Fitness