



Physiotherapy and Exercise Physiology

What is a Physiotherapist?

Physiotherapists assess, diagnose and assist patients with managing health and issues such as musculoskeletal, cardiothoracic and neurological problems. Physiotherapists also assist with chronic disease management, provide lifestyle modification, self-management advice, prescribe aids & exercises and help with injury prevention.



What is an Accredited Exercise Physiologist?

Accredited Exercise Physiologists are university-qualified allied health professionals who prescribe & deliver exercise-based interventions to improve health, function, recovery, and independence. This helps people participate in activities at home, school, work, and in the community.

How can you access Physio/EP services at Durri ACMS?

To access physiotherapy or exercise physiology services you must be a Durri client who has completed a health assessment and then will be eligible for a Medicare referral from your GP at Durri ACMS.





What conditions may benefit from physiotherapy or exercise physiology treatment?

- Chronic conditions such as diabetes, osteoporosis, osteoarthritis, cardiac or respiratory/breathing conditions.
- Falls prevention.
- Mental health conditions.
- Musculoskeletal conditions, injuries or injury prevention.
- Stroke and other neurological illnesses such as Parkinson's disease or MS.
- Orthopedic rehab post surgery/recent fractures.
- Pain management.
- Women's health.



Physiotherapy/EP Services Include:

- Initial assessment to go through medical history, current function/health status and goals.
- Physiotherapy treatment dependent on your needs.
- An individual exercise program for home.
- Education on health conditions and managing your health.
- A supervised exercise session in the Durri Gym.
- Women's and Men's group exercise sessions.

For more information contact Durri ACMS on 02 6560 2300