



Allied Health Services

Exercise Physiology
Physiotherapy
Occupational Therapy
Chronic Pain Management
& More

**We can help with all
chronic pain &
debilitating fatigue or
any other condition**



Location:
170 Haydon Drive, BRUCE, ACT 2617

Phone: 1800 011 041
FAX: (02) 6251 2066
Email: info@arthritisaact.org.au

Website:

arthritispainsupportemergeact.org.au

OR

Call: 1800 011 041



Exercise Physiology

Exercise Physiologists are university qualified allied health professionals equipped with the knowledge, skills and competencies to design, deliver and evaluate safe and effective exercise interventions for people with acute, sub-acute or chronic medical conditions, injuries or disabilities.

AEP work 1:1 with their clients in a holistic manner working toward their goals.

*-Tailored Gym & Home Programs
- Small Group Classes
- Hydrotherapy*

Physiotherapy

Our physiotherapists work with clients through injury management to reduce pain, increase mobility and strength. The physiotherapist use a range of techniques from manual therapy, exercise prescription, pain management, and education.

*- 1:1 Assessments
- Pre and Post Operative Rehabilitation
- GLA:D Program
-Hydrotherapy
- Exercise prescription*



Occupational Therapy

Occupational therapy (OT) is a client-centered health profession that involves ongoing assessments to understand what activities you can do (and those you want to do), any current limitations, your goals/motivations and also to offer advice/techniques about how to do something more easily and safely.

Occupational therapists (OTs) prescribe devices to help you do the activities you want and need to do. They will make sure you can use the device in the best way to meet your needs. This means that you will get a total solution and not just a product.

Exercise / Group Programs

- Tailored individualised gym programs
- Exercise Physiology lead small group gym classes
- GLA:D Physiotherapy Classes
- Hydrotherapy Programs- North and Southside of Canberra
- Strength and Balance Classes
- Pilates
- Yoga (Mat & Seated)
- Nordic Walking
- Tai Chi (Seated & Standing)
- Zoom Exercise Programs
- Pain Support Groups
- Art Therapy/ Counselling
- Long Covid Support Group
- ME/CFS, Fibromyalgia and long COVID Self Help Course