

# EXERCISE REHABILITATION PROGRAMS

for Musculoskeletal  
Pain + Injuries



There is a common misconception that Physiotherapists just deliver manual and 'passive' therapies to patients, when in fact:

## PHYSIOTHERAPISTS ARE ALSO EXERCISE REHABILITATION SPECIALISTS FOR INJURED/PAINFUL POPULATIONS

Our physiotherapists can guide patients throughout their entire treatment episode, from day one to discharge, including their gym, hydrotherapy and exercise rehabilitation programs.



### WHAT IS THE DIFFERENCE BETWEEN PHYSIOTHERAPISTS AND OTHER EXERCISE PROVIDERS?

The main differences between Physiotherapists and other exercise-based providers is in their level of training and specific areas of expertise.

#### PHYSIOTHERAPISTS

4-year degree, with an emphasis on MSK Orthopaedic assessment, diagnosis, acute treatment and medium to long term exercise rehabilitation of MSK Pain and Injury. *Thus:*

Physiotherapists are the best placed to provide exercise prescription and supervised gym programs for patients with MSK injuries, pathology and pain.

#### EXERCISE PHYSIOLOGISTS + OTHER EXERCISE PROVIDERS

Usually a 3-year degree or less. Not trained in MSK assessment, diagnosis or acute treatment of MSK problems. Their area of expertise is in managing general exercise programs in the absence of MSK pain or pathology. *Thus:*

Other exercise professionals are often best placed to provide programs where the goal is weight loss or improving general health markers (blood glucose levels, blood pressure, etc) in the absence of MSK pathology.



## WHEN SHOULD GPs REFER TO PHYSIOTHERAPISTS VS OTHER EXERCISE PROVIDERS?

Examples of conditions appropriate for Physiotherapy referral vs referral to another Exercise Provider...

### PHYSIOTHERAPIST

MSK Injuries, Such as:

- Rotator Cuff Injuries
- Shoulder Impingement
- Lateral/Medial Epicondylitis
- Whiplash/MVA Injuries
- Chronic Neck Pain
- Lower Back Injuries (e.g Disc Injuries, Strains, Chronic LBP)
- Knee Injuries (Ligament, meniscus, Tendinopathy, PFJ pain)
- Ankle Sprains
- Achilles Tendinopathy
- Osteoarthritis, Inflammatory Arthropathies
- Post-Fracture Rehabilitation
- Post-Operative Rehabilitation (e.g TKR, THR, Hip Knee and Shoulder Arthroscopy, Tendon Repairs, etc.)

### OTHER EXERCISE PROVIDER

(e.g. Ex Physiologist, Personal Trainer)

- Diabetes
- Obesity (without MSK pathology)
- Cardiac Rehabilitation
- Elite Level Athletic Performance (e.g improving sprint speed, jump height, etc)
- Hypertension
- Depression/Mental Health
- Conditions requiring non-specific, general exercise prescription (in the absence of MSK)



### GYM AND HYDROTHERAPY FACILITIES

All of our Physiotherapy Clinic locations have on-site, fully equipped rehabilitation gymnasiums. We also have arrangements with local gyms (including those with 24-hour access) for those who prefer a commercial gym environment or struggle to attend during clinic opening hours. We also have private access to local hydrotherapy facilities three times per week.

### ELIGIBLE PATIENTS

*We accept all categories of patients including:*

- Medicare EPC (Bulk Billed at Kwinana, Bulk Billed on request at Aubin Grove)
- Workers Compensation, ICWA (Bulk Billed)
- Department of Veterans Affairs (Bulk Billed)
- NDIS (Bulk Billed once approved by NDIS - we arrange this)
- Private Patients - Fees Apply, Private Health Fund rebates on-site

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