



Exercise Physiology

Altius Group has over 20 years' experience providing treatment services and functional recovery solutions for workers compensation, CTP, life insurance, Medicare, DVA and Private Health Fund customers. Our experienced team of Accredited Exercise Physiologists (AEPs), located across Australia, delivers cost-effective and sustainable evidence based intervention to assist our clients to realise their health potential.

Accredited Exercise Physiologists

We specialise in clinical exercise interventions for clients at risk of developing, or living with, chronic and complex medical conditions and injuries – providing physical activity education, advice and support on lifestyle modification. Our focus is achieving behavioural change - to assist the restoration of our client's optimal physical function, health and wellbeing. We achieve this through a range of programs, supported by robust quality assurance.

Work Related Activity Treatment

Conducted in gym, home or workplace settings, treatment focuses on the performance of activities specific to the injured employee's job tasks. The aim is to increase the functional capacity of the client as confirmed by a Certificate of Capacity upgrade or return to work. Our evidence-based treatment programs promote cost effective and sustainable return to work outcomes.

Evidence Based Practice

Our exercise physiologists adopt a multidisciplinary approach to target and treat both the physical and psychological barriers that contribute to poor recovery and return to work outcomes. Evidence based interventions focus on physical activity, developing independence and symptom management strategies.

Applying the nationally endorsed Clinical Framework for the Delivery of Health Services to the provision of our services, we:

- **Measure** and demonstrate the effectiveness of our treatment.
- Adopt a **bio-psycho-social** approach.
- **Empower** clients to manage their injury.
- Implement goals focused on **optimising** function, participation and return to work.
- Base our treatment on the best available **research evidence**.

Functional Recovery Programs

Our holistic approach focuses on upgrading functional capacity, return to work, health and well-being and promoting independence. We aim to empower our clients to make changes for sustainable outcomes through education, awareness and identifying gaps in the recovery process, including biopsychosocial factors.

Our exercise physiologists have expert knowledge in the treatment of common motor accident injuries, spinal cord and brain injuries, cancer, mental health conditions, chronic fatigue syndrome and fibromyalgia, with strong experience supporting injured CTP and Life Insurance clients.

Hydrotherapy

We provide water-based treatment programs post-surgery or when weight-bearing exercise is difficult, to support clients to progress to land-based activity. Allied health professionals across Australia conduct sessions at aquatic centres convenient to clients.

Understanding Pain Workshops

Employees with a strong understanding of pain experience more positive recovery, return to work and pre-injury duties outcomes. Pain education can minimise fear avoidance at work, contributing to reduced absenteeism. Our exercise physiologists have designed a workshop to support employees to react to and manage pain in a way that promotes their recovery.

Exercise Physiology Rebates

The government now recognises the need for increased support and treatment for patients who suffer chronic disease. Exercise physiologists are among the allied health professionals able to provide Medicare services to people with chronic and complex illnesses. The Enhanced Primary Care Plan (ECP) supports the use of exercise physiologists through Medicare. Rebates are also available through the department of Veteran Affairs and select private health insurers.

Functional Re-education and Empowerment Program

Our program aims to:

- Increase **awareness** of manual handling techniques **specific** to an employee's position.
- Decrease the time an employee takes off work and increase the **sustainability** of Return to Work outcomes following injury.
- Improve an employee's **confidence** and functional capacity to **return to Pre-Injury Duties (PID)** and support them to obtain certificate clearance to return to PID.
- **Empower** employees to practice their improved **understanding** of how to manage their symptoms and avoid aggravation of their injury in the future.

Select

Assisting organisations to **select** the right people for work roles

Protect

Helping workplaces **protect** their most valuable asset, their people

Engage

Engaging with people at risk due to illness, injury, trauma or exposure to hazards

Restore

Restoring and rehabilitating people who have sustained injuries or illness

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