

## Accredited Exercise Physiologists—Who are they and what do they do?

Accredited Exercise Physiologists (AEPs) are University trained, allied health professionals. They have a diverse range of knowledge and skills and work in a variety of health, exercise and sports science fields. Exercise Physiology is a specialised field and AEPs can be found working in hospitals, primary healthcare, rehabilitation, workplace health and aged care.

AEPs specialise in evidence-based, personalised exercise programs with the overall goal of preventing or managing chronic illness or injury and assisting in achieving a client's optimal functional capacity, health and wellness. The programs are practical, personalised and have a strong focus on successfully changing lifestyle behaviours.

AEPs are differentiated from other allied health professionals or fitness professionals by the possession of extensive knowledge, skills and experience in clinical exercise delivery and health-behaviour change counselling for people with chronic illnesses or injuries.

### My Additional Professional Experience

In addition to the above, I bring to the table knowledge and skills in neurodynamics including mirror box therapy which can be used to treat radicular pain, brachial plexus injury, chronic regional pain syndrome and phantom limb pain.

I am also qualified in gait analysis and gait and foot rehabilitation and retraining.

## What Does a Rehab. Session Include?

Typical sessions include:

- an initial assessment to determine functional capacity and physical deficits of the patient, their general health and mental state, medical and pharmacological treatment to date and physical activity history;
- written report/treatment plan back to the rehabilitation Case Manager (and GP or Specialist if requested) post initial assessment;
- development of an exercise program, clinical gym or home-based, individual or group;
- instruction on how to do the exercises, including demonstration and coaching to achieve good technique;
- education about how exercise therapy can help and how to self-manage flare-ups and pain;
- ongoing review to track the patient's progress and identify the need to change their program as it occurs and intermittent progress reports;

## What Should a Patient Wear?

They should wear clothes that are comfortable to move around in. Every AEP session will include some amount of physical activity and once a rehabilitative exercise program has been designed, the subsequent sessions will consist mainly of exercise therapy. Comfortable clothes and shoes (such as joggers) are therefore ideal.

Water and small towels are available in the clinical gym but patients can feel free to bring their own if they prefer.

To Book an Appointment  
Contact Marlene Directly -



*The Active Effect*  
*Clinical Exercise Physiology*

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**Exercise Physiology.**

**Exercise Therapy for better  
client outcomes.**



*Can I assist you with  
achieving better client  
outcomes and efficient  
return to work status?*

*For exercise that is evidence-based, practical  
and personalised ... and not at all scary*