

Locations:

Building 18/ 170 Haydon Drive,
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Phone: 1800 011 041

FAX: (02) 6251 2066

Email: info@arthritissact.org.au

Website: <https://www.arthritissact.org.au/>



<https://www.arthritissact.org.au/>

OR

Call: 1800 011 041



**We can help with
Arthritis and more!**

Exercise Physiology
Physiotherapy
Dietitian
Occupational Therapy
Chronic Pain Management
& More

**We are a
Multidisciplinary
Team**



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
- Pain Support Programs
- Art Therapy

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**Our Multidisciplinary
Team are here to
help with Arthritis
and more!**

**Range of Exercise
Programs
Available NOW!**



Small Exercise Physiology Gym Classes

Tailored gym programs designed around your goals by a qualified Exercise Physiologist.

GLA:D Program

GLA:D®, from 'Good Life with osteoArthritis in Denmark', is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms.

Strength and Balance Program

An entry level exercise class designed to help strengthen muscles and improve balance to reduce the risks of falls.

All In!

All In is an inclusive exercise space for LGBTQIA+ and Gender Diverse people. Driven by 2 queer Exercise Physiologists our aim is to provide a safe and welcoming clinical exercise setting for the queer community.

Hydrotherapy

Hydrotherapy is a form of exercise completed in a heated pool to assist with pain management and improve strength and mobility while also aiding in post-operative recovery.

Hydro Motion

Exercise Physiologist Instructor-led hydrotherapy group exercise class conducted in water focusing on strengthening joints and improving balance (low-moderate intensity)

Foundation Tai Chi

Tai Chi Foundations is a 45 minute, light Tai Chi exercise class, consisting of both seated and standing movements. This class will focus on the foundational movements of Yang-style Tai Chi without focusing on a structured routine.

Arthritis ACT Falls Prevention Tai Chi Routine

Tai Chi for Falls Prevention is a standing Tai Chi routine, designed to improve your mobility, balance and mental well-being. Classes are held once a week for 45mins with the Term running for 5 weeks.

Mat Pilates

Mat Pilates is a low-impact floor-based exercise program focusing on increasing core stability, control, flexibility and overall strength.

Zoom Yoga: Mat & Chair

Classes would suit people wanting to improve muscle tone, reduce stress, improve sleep and gain a sense of well-being.

Chair yoga uses modified yoga poses completed while seated in a chair.

Nordic Walking

NW is a great aerobic and strength exercise you can enjoy while outside, getting the upper and lower body moving. We provided training and group walking sessions.