

Exercise Physiology



Onemda's skilled team of Exercise Physiologists can help maintain and improve physical capacity and improve personal wellbeing through safe and effective exercise programs.

Exercise Physiology to maximise function & wellbeing

Onemda provides a full range of safe and effective exercise interventions to help maintain or improve your physical function.

Our experienced team of Exercise Physiologists will evaluate your needs and develop a personalised program of physical therapy to maximise capacity and physical wellbeing.

Our Exercise Physiology team specialise in:

- ▶ **Warm water therapy** in our dedicated Therapy Centre
- ▶ **In-home programs**
- ▶ **Gym-based programs**

Our Exercise Physiology program is supported by Allied Health Assistants who assist in the delivery of therapy programs, in close consultation with Exercise Physiologists.

Depending on what best suits the goals you've identified, we can deliver these services in your home, in the community or in our state-of-the-art Therapy Centre at Doncaster East which includes:

- ▶ **Warm water therapy pool**
- ▶ **Fully-accessible gymnasium**
- ▶ **Modern treatment spaces**

**FIND OUT
MORE**

Contact us

123 Andersons Creek Road
DONCASTER EAST VIC 3109
P | **9842 1955**
E | onemda@onemda.com.au