



WELCOME TO EP

EXERCISE PHYSIOLOGY

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WHAT TO EXPECT FROM YOUR INITIAL EP CONSULTATION

During your initial consultation our EP will help you achieve the following:

Understand and discuss your relevant medical history / information

Help you understand what outcomes are realistic and achievable with your exercise plan

Assess your capacity to perform exercise

Assist you in setting goals to be achieved and outcome measures to guide your progress

Develop an expectation of the time needed to achieve your outcomes - no. of sessions per week, time frame for outcomes

BE READY TO EXERCISE

You will be invited to engage in a brief period of moderate intensity, evidence based exercise therapy during the initial consultation if it is safe to do so and clinically appropriate. For example a gentle walk or bike ride, some stretches or resistance exercises.

WHAT ABOUT HOMEWORK?

After your initial consultation your EP will work on a detailed and extensive exercise plan before your second appointment.

There may be some work for you to complete at home including further goal setting, some exercise, learning about your conditions and risk factors as well to allow you to make the best informed decisions for your health care.

HOW TO MAKE YOUR INITIAL ASSESSMENT A SUCCESS

Arrive 5-10 minutes before your allocated time. Allow enough time for traffic delays, notifying reception of your arrival.

Check in at reception and take a seat in the upstairs waiting room

Before you arrive ask yourself "What do I want out of today's conversation?" - have a think about the outcomes that you want / questions that you have / goals that you want to set / any relevant info that our EP should know before you exercise - a conversation with your EP about goals is important!!

Wear comfortable clothing and footwear