

EXERCISE PHYSIOLOGY AND RHEUMATOLOGY

What is an Accredited Exercise Physiologist?

An Accredited Exercise Physiologist (AEP) is a university-qualified allied health professional. They specialise in designing and delivering safe and effective exercise interventions for people with chronic medical conditions, injuries or disabilities. Services delivered by an AEP are also claimable under compensable schemes such as Medicare and covered by most private health insurers. When it comes to the prescription of exercise, they are the most qualified professionals in Australia.

An AEP is qualified to work with a range of Autoimmune & Rheumatic Disease, including, but not limited to:

- » Systemic Sclerosis (Scleroderma)
- » Systemic Lupus Erythematosus (Lupus)
- » Osteoarthritis
- » Rheumatoid Arthritis
- » Ankylosing Spondylitis
- » Sjogren's Syndrome
- » Polymyalgia Rheumatica
- » And many more...



An AEP can guide you with safe, graded, & individualised exercise to help manage:

- » Fatigue
- » Pain
- » Inflammation
- » Depression and anxiety
- » Quality of life
- » Cardiovascular fitness
- » Functional strength
- » Independence and activities of daily living

What makes an AEP different to other exercise professionals?

Accredited Exercise Physiologists are allied health professionals who have undergone a minimum of four years study at university. They use evidence-based movement and exercise intervention for chronic disease prevention and management, musculoskeletal injuries and weight management. AEPs often work as part of a team of doctors, physiotherapists and other allied health professionals to ensure the best results for their clients.

AEPs can help manage the health and well-being of those living with chronic autoimmune and rheumatic disease. AEPs also work within rebateable schemes such as Medicare, NDIS and private health insurance.

Why a Rheumatology practitioner or General practitioner may refer you to an AEP?

- » To improve your quality of life
- » To improve your quality of care
- » To support you in managing your physical activity and exercise levels in a safe, supervised and individualised way

HOW CAN YOU FIND AN AEP TO SUPPORT YOU?

Visit www.essa.org.au/find-aep to locate an AEP in your local area.