



EXERCISE PHYSIOLOGY

Telehealth Service Information

HOW CAN AN EXERCISE PHYSIOLOGIST HELP?

An Exercise Physiologist designs individual exercise programs specific to individual needs and goals, as well as ensuring that exercise delivery is safe and effective. An Exercise Physiologist addresses key lifestyle risk factors and promotes self-management, ultimately increasing overall health.

An Exercise Physiologist will look at strategies to promote independence and the completion of daily tasks, as well as symptom management such as pain, weakness and balance.

WHAT IS TELEHEALTH?

Exercise Physiology Telehealth sessions involve an Exercise Physiologist consulting with you either by phone or videocall to discuss your goals and develop an individual exercise program. This may be through online platforms such as Zoom, FaceTime or other services. Telehealth consultations enable a personal experience which assists with motivation and support for exercise prescription; as well as reduce the effects of self-isolation.



WHAT CAN I EXPECT?

The Exercise Physiologist will discuss and show you how to use household items or exercise equipment safely in your home to manage the

exercise plan they recommend for you. They will ensure that the exercises you are prescribed are suited to your personal situation and conditions.

ESTIMATE OF HOURS FOR TELEHEALTH CONSULTATION

ACTIVITY	ESTIMATE OF TIME REQUIRED
Initial Consultation This includes telehealth consultation, individual exercise program prescription and accompanying notes relating to the consultation	1.5-2.5 hours
Follow-up Consultation – no changes to exercise program This includes telehealth consultation relating to progress of exercises and accompanying notes relating to the consultation	45mins-1 hour
Follow-up Consultation – with changes to exercise program This includes telehealth consultation relating to the progress of exercises, implantation of a new exercise program and accompanying notes relating to the consultation	1-1.5 hours

Please contact MS for more information:

MS Connect™: 1800 042 138

Email: msconnect@ms.org.au

Web: www.ms.org.au