



Clinician Roles and Responsibilities

The way our team works may be somewhat different to what you have experienced in the past when seeing someone like a physiotherapist or psychologist. Because of this please see the information below to get a good understanding of the type of service you are likely to receive from our team.

Psychology

The main role of our psychology team is to provide mental health assistance throughout our sessions by performing wellness checks, leading mindfulness activities, providing motivational strategies, assisting with behaviour change techniques, conducting individual or group based psychotherapy sessions and assisting the physical team in case you, or any other participant needs assistance throughout a session.

Physiotherapy

Most people have seen a physiotherapist at some point in their life where they received a quick assessment followed by predominantly manual therapies such as massage, dry needling, cupping or manipulations. You may have also been given exercises to do at home. As part of our program our physiotherapy team uses an evidence-based approach to help you with your injuries via assessing what needs to be done, using pain management techniques if needed and helping you recover via exercise therapy. In addition to this, our physiotherapists will perform health checks before / after sessions, conduct warm ups / cool downs and help with stretching or mobility exercises before / after workouts and be on hand to modify any activities that need to be altered.

Exercise Physiology

Our exercise physiology team are tasked with working alongside the physiotherapy team in designing therapeutic exercise prescriptions that can be used for your specific needs. Things that may be included in these exercise prescriptions are cardiovascular fitness activities, mobility / flexibility exercises, neuromuscular / motor control exercises, strength building activities, eye hand coordination / reaction training drills to help with falls prevention, aggression and anger management exercises or even hydrotherapy exercises if you are unable to perform activities under full body weight.

Yoga / Mindfulness / Martial Arts / Outdoor Activities

Several modalities may be used to accompany your main activities or be stand-alone sessions. These sessions will likely be run by our team's allied health staff or an accredited instructor. However, during this time it is important to note that even though an allied health provider is conducting a session it is not a replacement for individualised primary care. For instance, if you attend a yoga session run by a psychologist do not think of this as a replacement to your usual psychology sessions but an add on.