



VETERAN GRAPPLING

Veteran Grappling was founded by former Australian combat veteran Scott Steer which recognises those who have served and gives back to the community. This program offers a unique way to improve both mental and physical health under the watchful eye of allied health professionals and qualified instructors.

Our team includes Judo and Brazilian Jiu Jitsu blackbelt instructors, yoga teachers, physiotherapists, exercise physiologists and psychologists working as a multi-disciplinary team (MDT) in conjunction with medical experts such as general practitioners, medical specialists, psychiatrists, pharmacists and nurses to deliver gold standard, evidence-based therapy.

The aim of Veteran Grappling Movement As Medicine Program is to assist veterans in achieving goals unique to them, their families and their own circumstances through both group and individual participation in individually designed exercise-based mental health programs. In addition to this we hope to provide a safe, fun environment where veterans are able to build a community amongst former serving members, plus integrate into the wider community in a controlled environment at their own pace.

Our allied health team of exercise physiologists, physiotherapists and psychologists understand the complex conditions faced by many veterans such as chronic musculoskeletal pain, PTSD, depression, loss of community or identity and how they contribute to overall health and wellbeing.

Because of this, we use the biopsychosocial model of health care to ensure that the person as a whole is considered, not just a sore knee or issue with disturbed sleep etc. This model of care takes into consideration things like physical conditions, family or work commitments, personal beliefs, past health care experiences and client goals to develop a specific individualised treatment plan in conjunction with the client.

The Veteran Grappling Program is dedicated to making things as easy as possible for the person in need. This is why our MDT program is so successful. When a client receives a referral for the Veteran Grappling program it includes exercise physiology, physiotherapy and psychology. This means that you don't need to visit multiple practices seeing different clinicians that don't communicate. Veteran Grappling makes your healthcare as easy as possible by ensuring that our MDT works together, and with you to get results.

If you have any questions please feel free to email or call for more information.