



Program Overview

Invictus Veterans & First Responders Program

The Invictus Veterans & First Responders Program, delivered by Invictus Health & Martial Arts, recognises those who have served and gives back to the community. The 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 black belt instructors, yoga teachers, physiotherapists, exercise physiologists and psychologists working as a multidisciplinary team (MDT) in conjunction with medical experts such as general practitioners, medical specialists, psychiatrists, pharmacists and nurses to deliver gold standard, evidence-based therapy.

Our Aim

The aim of the program is to assist veterans and first responders 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 provide a safe, fun environment where participants are able to build a community amongst former serving members and first responders, and integrate into the wider community in a controlled environment at their own pace.

A Whole Person Approach

Our allied health team of exercise physiologists, physiotherapists and psychologists understand the complex conditions faced by many veterans and first responders, such as chronic musculoskeletal pain, PTSD, depression, and 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 an issue with disturbed sleep. 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.

One Team, One Place

The program is dedicated to making things as easy as possible for the person in need, which is why it is run as a multidisciplinary program. When a client receives a referral for the 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. We make your health care as easy as possible by ensuring that our MDT works together, and with you, to get results.

Get In Touch

If you have any questions, please feel free to email or call us for more information. Referral forms and further program information are available on our website at invictusaustralia.com/community.