

Physiotherapy vs Exercise Physiology

WHAT DO THEY BOTH HAVE IN COMMON?

- Both require accredited degrees from a University either 4 year Undergraduate or a Master's Degree
- Both are registered Health Professionals. Physiotherapists with AHPRA and Exercise Physiologists through ESSA
- Both can treat a variety of different conditions and patients through the NDIS, Medicare, Workers Compensation and Private Health Insurance
- Both manage conditions with the use of exercise, and they take on a holistic approach to their patient's long term or chronic conditions via other lifestyle factors.
- An Exercise Physiologist does not assess a patient's condition they are given the diagnosis and prognosis prior to assessing



WHAT MAKES PHYSIOTHERAPY DIFFERENT?

- Physiotherapists can diagnose, assess and treat conditions through a variety of techniques such as hands on treatment techniques, assisted stretching, acupuncture and dry needling, exercise and education
- Physiotherapists are also able to prescribe exercises to manage their patients
- Physiotherapists can assess and treat respiratory conditions through chest physiotherapy and coughing techniques
- Physiotherapists can prescribe equipment such as walking frames and mobility aides
- Our Physio's are NDIS trained and can write an Assistive Technology request for specialised equipment such as gait trainers or walking frames
- Physiotherapists can assess to develop specific exercises to correct movement techniques such as walking, transfers, sitting, and standing
- Physiotherapists fall under the Improved Daily Living Category on a NDIS plan
- Physiotherapists are taught to treat a wider variety of neurological, congenital, cardiovascular, and respiratory conditions in their training.
- Physiotherapists can prescribe and apply splinting, casting, supportive joint aids, and range of motion braces.
- Physiotherapists can provide specific real world task training to improve things such as picking up objects from the ground, transferring, and movement and navigating through real world obstacles (uneven surfaces, ledges, roads)

In short both EP and Physiotherapy complement each other and can work in hand in managing your condition/disability. Physiotherapy has an added component of assessing, hands on therapy as well as exercise to treat conditions. EP's primarily use exercise to treat conditions.

HOW OUR PHYSIOTHERAPISTS CAN HELP TREAT NDIS PATIENTS

- Managing joint contractures through stretching, positioning, and bracing
- Motor skill and milestone development for individuals such as learning movement patterns, reach and grasping, catching and throwing
- Functional strength exercises to improve low muscle tone and low bone density
- Balance exercises to prevent falls and improve self-efficacy
- Gait re-training for individuals who have are affected by strokes or other neurological conditions
- 1:1 hydrotherapy session

GET IN TOUCH

If you would like more information, please reach out to us on the following:

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