



**GUARDIAN**  
exercise rehabilitation  
*Celebrating 21 years!*

# Industry leaders in allied health interventions

Guardian Exercise Rehabilitation's allied health clinicians provide treatment and prescription of therapeutic exercise-based programs for individuals afflicted with injury or illness, principally under a compensable-injury policy.



## Personalised and personable

We work closely with our clients and stakeholders to provide a highly-tailored service that encapsulates humanistic principles and behaviours.



## Clinical expertise

Industry leaders in clinically-guided, best-practice exercise-based interventions across a broad spectrum of injuries and illnesses.



## Conveniently mobile

Community-based ensuring independence and convenience in programming, and durability and maximised self-efficacy in the long-term.



## Outcome focused

Committed and passionate to facilitate the earliest safe, appropriate and sustainable return to work ensuring a cost-effective service.

# When to refer?

## It's recommended that you refer to Guardian Exercise Rehabilitation

if you encounter any of the following:

- ◆ An individual is reporting symptoms associated with traumatic or atraumatic injury.
- ◆ Meaningful exercise is not already a clear and central foundation of the rehabilitation plan.
- ◆ Fear of symptom-exacerbation is resulting in movement-avoidance and/ or lack of engagement in physical activity.
- ◆ Current rehabilitation-interventions are not clearly improving clinical markers and/ or recovery has plateaued.
- ◆ Treatment outcomes and/ or goals are not clearly defined – or not being achieved.
- ◆ Clear and purposeful empowerment to self-guide rehabilitation is necessitated.

## It's recommended that you refer specifically to a Physiotherapist

if you encounter any of the following:

- ◆ Symptom-cause is uncertain and diagnostic assessment and/ or initial treatment-management planning is required.
- ◆ Physical impairments, activity limitations and/ or participation-restrictions are developing.
- ◆ Recent surgery has been undertaken.

## It's recommended that you refer specifically to an Exercise Physiologist

if you encounter any of the following:

- ◆ Mental illness has been diagnosed.
- ◆ Mental health, energy levels and/ or general wellness are impacted.
- ◆ Deconditioning has manifested and restored function is required for work and daily living.



# Our services

Guardian Exercise Rehabilitation's allied health clinicians provide treatment and prescription of therapeutic exercise-based programs for individuals afflicted with injury or illness, principally under one of the following compensable-injury schemes:

## Motor Vehicle Accident (MVA) / Compulsory Third Party (CTP)

The most accepted frameworks for treating injuries post motor vehicle accident indicate that there are three first-line treatments with high-level supporting evidence – reassurance and stay active; return to usual activities; and rehabilitation via physical activity. Our programs are thus built on these overarching principles and look to restore our clients to pre-accident capacities and beyond, promoting high-level function and optimising quality-of-life through simple but effective exercise-based, educative programming.

## Workers' Compensation

Our programs aim to support the earliest safe, appropriate and sustainable return-to-work whilst also educating on self-guided exercise – promoting self-efficacy as well as durability with outcomes. With an understanding of the workplace and job-demands, our rehabilitative exercise-based programs are tailored and function-specific; however, also support wholebeing health and work towards self-identified, meaningful goals.

## Life Insurance / Income Protection

Applying clinical guidance and expertise in a non-clinical setting, our Exercise Physiologists provide Income Protection policy holders who have had the misfortune of suffering illness or injury with exercise-based, meaningful activity-specific work-conditioning programs. In an unassuming manner and driven entirely by personal goals in conjunction with the all-encompassing rehabilitation strategy, our programs support a return to health first and foremost – and thereafter a return to healthy work.

# Our areas of expertise

We consult clients throughout their recovery journey, from early intervention through to chronicity management. We adopt a biopsychosocial approach with emphasis on collaboration, education and empowerment. We provide bespoke programming and set collaborative goals based on meaningful activities.

Our programs optimise function and healthy re-engagement in work, as well as everyday and recreational activities. With over 20 years' experience in rehabilitation interventions, our clinicians consult clients across a broad spectrum of injuries and illnesses, with significant experience in the following areas:

**Exercise  
for cancer**

**Respiratory  
conditions**

**Mental health  
and illness**

**Musculoskeletal  
injuries**

**Cardiometabolic  
disorders**

**Early intervention  
and prevention**

**Chronic  
conditions**

We service clients across Australia;  
please visit [guardianexercise.com.au/about-us/meet-the-team/](http://guardianexercise.com.au/about-us/meet-the-team/) for further information

**GUARDIAN**  
*Connect*

We also offer tele-rehabilitation  
services to clients nationally  
via our video platform

**Our vision is for every  
individual to have  
complete confidence  
and total control over  
their healthcare.**

**Proud members of**

**ESSA:**  
EXERCISE & SPORTS SCIENCE AUSTRALIA

**AUSTRALIAN  
PHYSIOTHERAPY  
ASSOCIATION**