

# Exercise Physiology **HANDBOOK**

A practical guide for referral pathways to Exercise  
Physiology at Gold Coast Health & Performance.



GOLD COAST  
HEALTH & PERFORMANCE



Scan QR code to  
visit our website.



## CONTACT US

**Locations** | Jetts Palm Beach & Jetts Elanora

**Andy** | 0497 473 185 | [andy.moloney.gchp@gmail.com](mailto:andy.moloney.gchp@gmail.com)

**Bri** | 0484 848 385 | [bri.keary.gchp@gmail.com](mailto:bri.keary.gchp@gmail.com)

**[www.goldcoasthealthperformance.com.au](http://www.goldcoasthealthperformance.com.au)**

# Meet your **TEAM**



## **Andy Moloney**

Senior Exercise Physiologist

*B.Clin.Ex.Phys, Masters of Mental Health*

- Mental Health / Mental Illness
- Acute or chronic pain
- Complex chronic illness
- Musculoskeletal injury

## **Bri Keary**

Exercise Physiologist

*B.Clin.Ex. Phys, Grad Cert Mental Health*

- Mental health
- Australian Sign Language (Auslan)
- Weight management / Type II Diabetes
- Chronic disease management
- Functional aerobic & resistance training
- Musculoskeletal injury



# Common Referrals

# PHYSICAL HEALTH



- ✓ Somatic Pain/Complex dysregulation
- ✓ Chronic disease management (i.e. Type II diabetes)
- ✓ Shoulder, knee & hip pain
- ✓ Metabolic syndrome
- ✓ Acute lower back pain (collaboration with physiotherapist required)
- ✓ Persistent lower back pain (>3 months)
- ✓ Neurological Conditions (i.e. Parkinsons)
- ✓ Autoimmune Condition (i.e. Multiple Sclerosis)

Common Referrals

# MENTAL HEALTH



- ✔ **Mood Disorders -**
  - Anxious Symptoms  
*(eg. stress intolerance, hypertensive)*
  - Depressed Symptoms  
*(eg. fatigue, a-motivation, inactivity)*
- ✔ Increased Bodily Discomfort
- ✔ Complex trauma & PTSD
- ✔ Major Depressive Disorder (MDD)
- ✔ Schizoaffective Disorder
- ✔ Generalised Anxiety Disorder (GAD)



**medicare**

## Referral Process

# MEDICARE



### **Referral Codes:**

Chronic Disease Management - 10953  
Indigenous Health - 81315  
Type II Diabetes - 81115



GP to initiate referral process with patient



Nurse to review and complete assessment



Fax or email:

- Approval for team care sent to GCHP
- Team care arrangement attached to approval letter

# What To **EXPECT**

## **Initial Consultation**

- Questionnaire review
- Biopsychosocial consultation and assessment
- Cost/rebate (refer to website)
- GP initial letter (within 24hrs)

## **Subsequent Consultations**

- Movement exploration
- Rehabilitation
- Lifestyle (sleep, nutrition and social)

## **Final Consultation**

- Questionnaire review
- Pathway outcomes (refer to private)
- Final GP letter (within 24hrs)



## Referral Process

# WORKCOVER



State Insurance  
Regulatory Authority



## Important to know:

### **Why Physiotherapy and not an Exercise Physiologist?**

In the case of an acute/trauma injury, Physiotherapy will be required for early manual therapy techniques and improving pain-free range of movement.

### **So when is an Exercise Physiologist required?**

Their Physiotherapist will then indicate to the case manager a transition period required to an Exercise Physiologist to build and maintain "pre-injury functional capacity".

## What is required from you?

- ✔ GP letter - request for an Initial Consultation
- ✔ 6 x pre-approved sessions
- ✔ Review letter provided after each treatment plan
- ✔ Review Workcover doctors certificate (capacity achieved YES/NO)



# CASE STUDY

Suzy, 51 yrs, requires a lifting capacity of 15kg over a 30m distance, and an overhead capacity of 8kg. Her physiotherapist has helped her achieved a lifting capacity of 5kg and overhead 2kg and now requires the remaining capacity built with an Exercise Physiologist.



## The role of an exercise physiologist:

- ✓ Contact the patient and book pre-approved initial Consultation
- ✓ GP letter - Clinical outline of assessment and plan (24hrs)
- ✓ Initial consultation (60min) includes a Functional and mental health assessment as well as a complete WorkCover treatment plan (GP clinical and Case Manager)

Achieving outcomes of pre-injury work status requirements (i.e. lifting and load capacity) as well as overcoming barriers including mental and psychosocial wellbeing.

## Referral Process

# NDIS SUPPORT

### Who do we work with?

Capacity Building - Health and Wellbeing (12\_027\_0126\_3\_3)

Capacity Building - Improved Daily Living (15\_200\_0126\_1\_3)



### Patient Diagnosis:

- ✔ Autism Spectrum
- ✔ Down's-Syndrome
- ✔ Deaf/hard of hearing
- ✔ Autoimmune Conditions (i.e. Multiple Sclerosis)
- ✔ Acquired Brain Injury (ABI)

Whether self-managed or case-managed, we will collaborate with your patient to determine their capacity for ongoing support.

### What can you do?

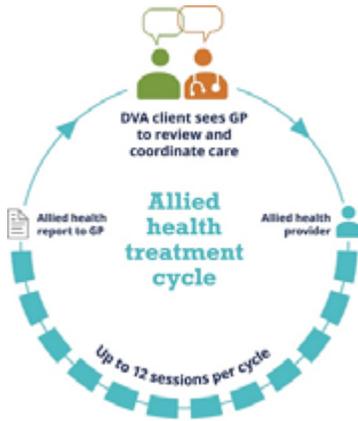
- Ask the patient if they have considered Exercise Physiology as part of their support
- Have they spoken about it with their case support worker?
- Provide our details for a free phone consultation to support inquiry process.



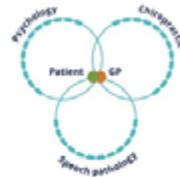
# Referral Process

# DVA PATIENTS

A referral will last either 12 sessions or 1 year, whichever ends first. Patients can have as many treatment cycles as their GP decides are clinically necessary. These arrangements ensure the health care is the most appropriate for the patient's needs.



Multiple allied health treatment areas at the same time



No limit to the number of cycles that are clinically necessary



## GP Requirements:

- ✔ D904 Referral to begin treatment cycle
- ✔ D904 Referral if continued care required
- ✔ Gold and White Card (specific)
- ✔ Totally and Permanently Incapacitated (TPI) card **does not require ongoing referrals**

## GCHP Role:

- ✔ Collaborate closely with your GP
- ✔ Reporting in accordance with your treatment cycle
- ✔ Assessment and goal setting
- ✔ Physical and Mental Health Support throughout your treatment

# Gold Coast Health & Performance

# CLINICAL SKILLS

At Gold Coast Health & Performance, we pride ourselves on our comprehensive clinical skills tailored to meet diverse client needs. The expertise of our team spans mental health support, trauma-informed care, motivational interviewing, and wellness coaching, ensuring a holistic

approach to wellness. We excel in assessing musculoskeletal health and conducting thorough cardiovascular and metabolic assessments. Our approach emphasises meaningful, goal-directed prescription strategies, empowering clients to achieve optimal health outcomes.

## Mental Health

Trauma-Informed Care

Motivational Interviewing

Wellness coaching

## Physical Health

Assessment of musculoskeletal health

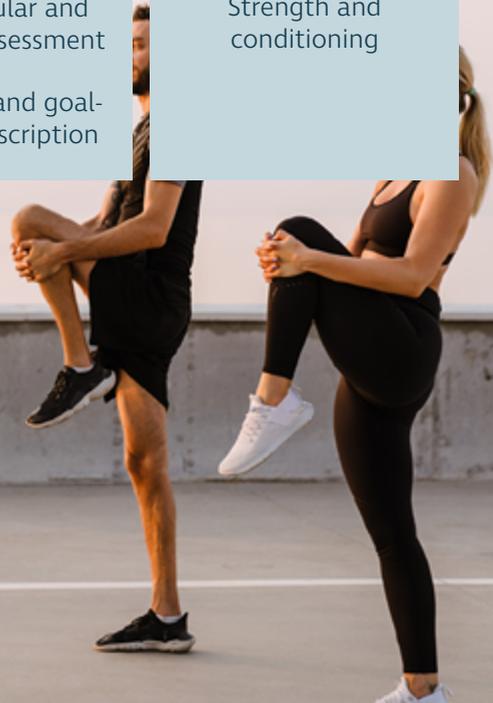
Cardiovascular and Metabolic assessment

Meaningful and goal-directed prescription

## Gym-Based

Exercise prescription aligned with goals

Strength and conditioning



## Exercise Physiology

# PATIENT PATHWAYS

Our team of Exercise Physiologists are highly trained in physical and mental health. We are here to collaborate with you, the expert in your body's likes and dislikes. Our purpose is to provide a framework around you that builds upon your strengths and vitality.

### Including:

- Regulate your Nervous System
- Rehabilitation and Resilience
- Sleep
- Social connectedness
- Mindfulness practices
- Nutrition
- Stress tolerance

**\* Private health rebates are available for all patient pathways.**



## Pathway 1 | Living for Lifestyle

- Home and outdoor-based interventions
- Open goal strategies



## Pathway 2 | Light Training

- 1 x per week gym based session
- 1:1 or group options available



## Pathway 3 | Gym Based Training

- 2-3 x per week gym private coaching
- Intentional improvement in functional strength
- Cardiovascular and Mental Fitness
- Only for those who are ready!

NEXT STEPS

# REFERRAL INFORMATION

## Gold Coast Health & Performance

**Andy** | 0497 473 185 | andy.moloney.gchp@gmail.com

**Bri** | 0484 848 385 | bri.keary.gchp@gmail.com

**Fax** (07) 5677 0285

## Locations

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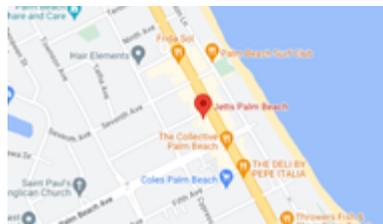
### Jetts Elanora

Shop 38, The Pines Shopping  
Centre Cnr K.P McGrath Dr  
& Guineas Creek Rd  
Elanora QLD 4221



### Jetts Palm Beach

First Floor, Cnr 6th Ave &  
Gold Coast Highway  
Palm Beach QLD 4221



# TESTIMONIALS



I highly recommend GCHP to anyone who has a young adult with a disability. The team are dedicated and passionate about advancing their patient's physical abilities with exercise physiology.

**- Marilyn**

GCHP helped me recover from a severe back injury where I could barely walk for nearly a year. I have since experienced greatly improved mobility and reduction in pain. I have even run 2 marathons!



**- Richard**



I highly recommend GCHP. Their team have exceptional interpersonal and communication skills that underpin their abilities to assess and manage client needs. GCHP are the best out there and have helped me personally to maintain and build my strength and balance to prevent further injuries.

**- Jacqui**





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