Exercise Physiology placements (Wodonga Campus)

The Exercise Physiologists works in the CRC (Community Rehabilitation Program) & HARP (Hospital Admission Risk Program). Here the Exercise Physiologists work includes individual exercise assessments, cardiac assessments following surgery, home based exercise programs and assessments, facilitation of exercise programs in a community setting (e.g.- gym or community exercise group) and running general exercise rehabilitation group. The Exercise Physiologist assists with the cardiac rehabilitation program and pulmonary rehabilitation program.

The type of patients the exercise physiologist will assist with include:

- overcome persisting pain caused by injury or overuse
- rehabilitate following a cardiac event
- control your diabetes
- prevent pre-diabetes from progressing to full diabetes
- improve your recovery following cancer treatment
- improve your general health and wellbeing
- assist those who are deconditioned following a hospital admission

Research prior to attending your placement:

1. Exercise Sport Science Australia- have a look at the position statements on this website as it provides a number of exercise recommendations for specific chronic conditions. [http://www.essa.org.au/](http://www.essa.org.au/)


3. Pulmonary Rehabilitation- what is Chronic Obstructive Pulmonary Disease (COPD)/Emphysema, Bronchiectasis, Pulmonary Fibrosis.

4. Click on the links to read the brochures explaining the [Cardiac](http://www.aha.org) and [Pulmonary Rehabilitation Programs](http://www.aha.org/services/sub-acute-continuing-care/201493132294.asp)