TEKNIQUE Health & Rehabilitation

**Sarah Healy**

Exercise Physiologist

B.AppSci – Human Mvmt

Grad Dip – ExRehab

Cert IV – Training & Assessment

*Heal through Movement*

Don’t let the right exercise but the wrong technique hinder your recovery

Discover how important the correct exercise technique is to your success

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**What is an Exercise Physiologist?**

Exercise Physiologists are university educated health professionals trained to provide exercise therapy for pain and injury, pre and post surgery, mental health and chronic disease. They are registered providers with TAC, Worksafe, Medicare and Department of Veterans Affairs and many Private Health funds.

**How can I help you?**

I have over 13 years of experience working as an Exercise Physiologist and have been working in the sport and fitness industry since 1996. I understand that everyone’s health and exercise experience is unique and will tailor a program to suit you and your lifestyle.

Managing your condition involves working with you to develop the best exercises and teaching you the correct technique essential to improve. Home and gym based programs can be provided.

When appropriate I can also work with your current treating health practitioner to provide a holistic approach to your recovery.

**Common conditions that benefit from exercise therapy**

Back pain

Joint pain

Pain relating to exercise

Arthritis

Anxiety relating to exercise

Depression and Anxiety

Chronic diseases such as diabetes, heart and lung disease.

Motor vehicle accidents

Performing the right exercise the wrong way can do more harm than good. I can teach you what, how and when to perform your tailored exercise program to get the best results.

Call or email me today to see how I can help you.

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