



Exercise Physiology



NO WAIT LISTS!*

Visit one of our offices or we can come to you.

Our experienced Exercise Physiologists are ESSA accredited and registered, and are able to create exercise programs for people with health conditions and disabilities in order to help improve function, reduce pain, prevent future health issues/incapacity, and improve overall health, functioning and quality of life. We also have extensive experience working with individuals with complex behaviours.

These services can be funded by the NDIS, Employment/Disability Services Providers, My Aged Care, or Privately.

The NDIS support category that may cover these services include:

- Improved Daily Living
- Improved Health and Wellbeing
- Early Childhood Intervention
- My Aged Care
- Privately paid
- NSW schools funding
- Lifetime Care (iCare)

Our services include:

- ⊗ Exercise Physiology Assessment and Program
- ⊗ Advice and education on lifestyle modification to improve health status
- ⊗ Telehealth

“If someone was to ask me what to do if they have an accident or anything, I definitely say go and see ORS because they can help you to no end, they’ve helped me and I feel great for it.”

~ NDIS Participant Shannon Elias

SCAN ME



TO REFER

