

# Exercise Physiology

## Veterans Exercise

My Health Team are passionate about helping our veterans, with tight links personally through our own family and friends, as well as servicing men and woman who have been involved with our defence force, defending our country.

The reason why veterans seek us out is because they have often been through a physical or psychological trauma that affects them daily. It affects their ability to do daily tasks and they (or often their family or friends) have decided not to put up with it anymore.

This is where My Health Team steps in to do an extensive assessment and treatment plan that often focus' on 4 main areas:

- Muscle and joint strength
- Flexibility
- Balance
- Cardiovascular fitness

If it is determined that you would benefit from additional help, we may recommend seeing our podiatrist or physiotherapist. The benefits of working with a collaborative health care team means better outcomes for you.

### **How do you see one of our Practitioners?**

You can see any of our practitioners with a valid D904 referral from your GP for a clinically necessary condition.