



DPV Health Exercise Physiologists are experienced in exercise prescription and will work with you to ensure that you exercise safely and effectively to meet your goals. We can help keep you well, strong and active as well as manage chronic conditions using physical activity as a treatment.

Correctly prescribed exercise has been shown to assist in the management of chronic conditions such as Type 2 diabetes, arthritis and heart/lung disease, to significantly help with chronic disease prevention, improve strength and balance, increase cardiorespiratory fitness, and improve mental health and wellbeing.

You may wish to see an Exercise Physiologist for:



Lower back pain



Long COVID



Arthritis



Pre and Post - Natal Pregnancy



Chronic Obstructive Pulmonary Disease



ASD/Emotional Regulation



Fibromyalgia/ Chronic fatigue



Falls and poor balance



Cancer



Multiple Sclerosis



Mental Health



Parkinson Disease and much more

Our services include:

- > A thorough initial assessment; including medical and exercise history
- > A tailored exercise program to suit your health needs
- > Referral to other services, as required
- > Referral into community-based programs and groups, as required
- > Comparison post-testing





Who can use this service

This service is available to people of all ages.

We accept self-referral, GP/Hospital, My Aged Care referral, NDIS packages and Home Care Packages.

Fees

Please note there is a client co-payment for this service -

Clients with a valid healthcare card: \$10.30 per visit

Clients without a valid healthcare card: \$15.60 per visit

For more information on fees, see our Client Fees Schedule at dpvhealth.org.au

Access to Interpreter Services

We offer FREE interpreter access to all clients who need it.

If you require an interpreter, please let our staff know at the time of making an appointment.

Service locations



Broadmeadows

42-48 Coleraine Street
Broadmeadows VIC 3047



Mickleham North

82-90 St Georges
Boulevard Mickleham
VIC 3064



Craigieburn

55 Craigieburn Road
Craigieburn VIC 3064



Mill Park

20 Civic Drive
Mill Park VIC 3082



Epping

230 Cooper Street
Epping VIC 3076



Whittlesea

40-42 Walnut Street
Whittlesea VIC 3757



Meadow Heights

21-27 Hudson Circuit
Meadow Heights VIC
3048

How to make an appointment

To make an appointment call **1300 234 263**, and select **Option 4** (All Other Health Services)

 1300 234 263

 dpvhealth.org.au

 info@dpvhealth.org.au



DPV Health acknowledges the traditional Custodians, Elders and Lands of the Wurundjeri people. DPV Health is committed to the Victorian Child Safe Standards in policy and in practice, to promote and protect the best interests of all children involved in our services.