

Physiotherapy or Exercise Physiology?

Allied Health



Have you ever wondered whether you should see an Exercise Physiologist versus a Physiotherapist or vice-versa? Both seem to help you with similar exercises and advice. So, what are the main similarities and difference? The following article should help you answer these questions.

What do Physiotherapist's specialise in?

Physiotherapists (PTs) are trained to diagnose and manage conditions at first contact. This means that a Physio does not always need a referral from a doctor or other referrer for your first appointment, however this information is very helpful in managing your condition. PT treatments involve education to self-manage your injury or condition, exercises, manual therapy (hands-on treatment), as well as other modalities such as electrotherapy or dry needling. Physios also specialise other areas such as gait aid (walking aids) prescription, falls prevention strategies, pain conditions, neurological conditions, dizziness conditions, and women's health to name a few.

What do Exercise Physiologist's specialise in?

Exercise Physiologists (EPs) specialise in the prescription and delivery of exercises for the management and prevention of diagnosed chronic diseases and injuries. As for PTs, EPs can also see clients without referrals although having a referral with your medical history and medications would be beneficial.

Correctly prescribed exercises have been shown to assist management of chronic conditions such as Type 2 diabetes, arthritis, heart/lung disease, and mental health conditions. This can lead to significant help with chronic disease prevention, improve strength and balance, increase cardiovascular fitness, and improve mental health and wellbeing. EP treatments involve education on self-management of conditions, together with a tailored progressive exercise program to improve your overall health.

What are the main similarities?

Both disciplines provide exercise management for a variety of similar injuries and conditions. The exercises provided by both disciplines will help improve your joint range of motion, flexibility, strength, and balance, as well as improve your overall wellbeing and health. Both provide individualised exercise programs or exercises in group settings.

How to decide whether to request a Physiotherapist or Exercise Physiologists at DPV Health?

Exercise Physiology (EP) Referrals:

- Weight Management
- Cancer
- Cardiovascular disease
- Diabetes
- High Blood Pressure
- Mental Health
- General Deconditioning
- Health & Lifestyle Education
- Osteoporosis

Either EP or PT:

- Strength & Balance
- Diagnosed injuries/ conditions
- Arthritis
- Chronic Pain

Physiotherapy (PT) Referrals:

- Injury/Pain
- Gait Aid Prescription
- Falls Prevention
- Mobility Training
- Surgery/Fracture
- Neurological Condition
- Condition requiring manual therapy
- Vestibular/dizziness
- Women's Health



To book an appointment with an Exercise Physiologist or Physiotherapist call:



1300 234 264 (select option 4)