



THE UNIVERSITY OF
AUCKLAND
Te Whare Wānanga o Tamaki Makaurau
NEW ZEALAND

CLINICS
HEALTH AND REHABILITATION

Clinical Exercise Physiology – Exercise is medicine

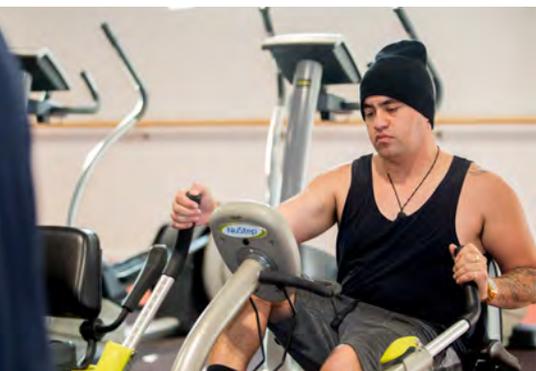
Exercise rehabilitation services that support management
of chronic disease and better health



What is Clinical Exercise Physiology (CEP)?

CEP uses exercise as medicine to modify the impact of chronic disease. It is one of our country's recognised allied health professions, with New Zealand joining countries such as Australia, the United States, the United Kingdom and Canada in acknowledging the value that clinical exercise physiologists add to the wellbeing of those living with chronic disease.

Many of New Zealand's leading registered clinical exercise physiologists are based at the University of Auckland's Health and Rehabilitation Clinic, located at new purpose-built facilities in Newmarket. Our staff teach and oversee our CEP postgraduate students, training them to be the next generation of CEP professionals.



Who is our Clinic for?

Clinical Exercise Physiologists can help manage many medical conditions; our Health and Rehabilitation Clinic is suitable for anyone who suffers, or has suffered, from chronic disease.

Our previous clients have found relief from a wide range of chronic conditions, including:

- Arthritis
- Cancer
- Cerebral palsy
- Diabetes
- Heart disease
- Hypertension
- Lung disease
- Multiple sclerosis
- Neuromuscular disorders
- Obesity
- Peripheral vascular disease
- Stroke

How can we help?

Refer yourself or ask your doctor for a referral to the Health and Rehabilitation Clinic. This is your first step towards gaining the confidence to make the transition to independent exercise.

Our friendly CEP students, supported by highly qualified registered clinical physiologists, will teach you how to exercise safely and effectively with your medical condition. All our treatments are evidence-based and driven by assessment, and will be individualised to fit your unique needs.

When you join the Clinic, you will meet with one of our clinical exercise physiology students,

who will work with you to design an appropriate assessment plan for your condition.

Your assessment plan will include at least two sessions to evaluate your current fitness by measuring your heart and lung function, muscle strength, coordination and balance. Following these exercise assessments, we will meet with you to discuss our findings and to explore treatment options.

Our registered clinical exercise physiologists and students work alongside colleagues in allied health to prescribe you with safe and effective exercise. If you are under specialist care, or you require an on-going treatment plan to maintain your current health and wellbeing, please contact us and arrange an appointment.

David Willis – Current health and rehabilitation client

“On Easter Sunday 2017 I went for a jog on Omaha beach and suffered a ‘Sudden Cardiac Arrest’. When I started attending the Health and Rehabilitation Clinic I was walking, but not very far, and preferred to have someone with me when out of the home. This was due to a general lack of confidence in my health.

“The prescription of exercise and expertise of the Clinic staff was invaluable. They knew what I’d been through and just what I needed, and how far to push me without doing any damage or scaring me. After just a few visits my confidence was on its way up and a few weeks later I was more than happy to walk outside the home on my own again. Plus, I was happy to carry shopping bags and do longer and longer walks without much cause to worry about dropping dead again!

“After a couple of months the clinic staff had me try running on the treadmill. They were aware this was a very big deal for me emotionally as I was jogging when I went into Cardiac Arrest and had not jogged since. The first time I jogged at the clinic I was attended by two clinic staff – my student and team



leader – who were very encouraging. I may have cried a little. Now I can jog on the treadmill and in the community on my own. This must be directly related to the confidence I gained from the gentle buildup of my mental and physical strength from the Clinic attendance.”

Hear more from David and our other clients at www.clinics.auckland.ac.nz/cep-clients

Fees and programme structure

Consultation and assessment	\$120
For new clients or those that have been away from our service for more than 12 months, the consultation and assessment includes four 1 to 1.5 hour appointments to complete a comprehensive medical history, assess exercise tolerance, muscular strength, mobility, balance and flexibility. Results of the assessment will be discussed with you during your last appointment.	
One-to-one monitored exercise sessions	\$50
In these sessions clients are taught to exercise safely while being monitored by our specialist staff. We ensure that they are responding in a safe and appropriate way to the prescribed training intensity.	
Extended supervision programme	\$400
Clients can attend supervised exercise sessions three times a week for up to three months. There are no discounts for longer periods of membership in the programme but this service can be renewed if our clients want to continue supervised sessions with us.	
Reassessment and prescription adjustment	\$85
Clients who have been following one of our prescribed programmes for less than 12 months can book an individual reassessment and receive an adjusted exercise prescription based on the outcome.	

Contact us

We are based in brand new purpose-built facilities in Newmarket, central Auckland. You can refer yourself or ask your doctor to refer you to our Clinic.

Please contact us at:

Health and Rehabilitation Clinic, Building 907,
Suiter Street, Newmarket, Auckland 1023

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www.clinics.auckland.ac.nz/cep

