



JULIAN MANCINI

Exercise Physiologist & Sports Scientist

Professional Profile and Services

An Exercise Physiologist is a professional from the field of exercise and sports science who has specialised in exercise rehabilitation. Exercise Physiologists match the immediate aspirations and needs of the client with the appropriate exercise interventions, and develop strategies which promote and assist in interventions being undertaken regularly for a prolonged period of time. These interventions will not involve physical activity in isolation but will collaborate with other health professionals to provide total rehabilitation and wellness.

Role of Exercise Physiologist @ PIHC

- Provision of methods to effect physical rehabilitation and increase function to clients to best suit the individuals needs utilising known and accepted exercise physiology standards and methodologies;
- Utilisation of PIHC Huber systems to improve muscle strength, endurance and power
- Use of the Huber to improve muscle firing synchrony for smooth, constant contractions and increase coordination and proprioception of muscle joints. Core
- Exercise programs will be prescribed to also improve client's ability to control body particularly the core
- Efficiency of actions through minimisation of antagonistic (opposite) contractions.
- Flexibility for improved biomechanics of the body to reduce joint pain or restrictions
- Improve fitness and, in particular, cardiorespiratory function to improve general health and wellbeing
- Work with elite athletes to improve performance

Exercise Physiologists provide services in the area of exercise as a treatment strategy in physical rehabilitation and as a preventative strategy to combat disease and degeneration as a part of establishing and sustaining functional independence and total wellness.

Appointments/More information

To make an appointment or to find out more information contact

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INCORPORATING:

- OCCUPATIONAL THERAPY
- PODIATRY
- NATUROPATHY
- EXERCISE PHYSIOLOGY
- COUNSELLING
- MASSAGE THERAPY
- PERSONAL TRAINING
- CORPORATE HEALTH PROGRAMS

health