

Information for exercise physiology referrals

Dear Sir/Madam, your GP/medical specialist has referred you for exercise physiology consultation/s with Dr Simon Sostaric, at Melbourne Sports & Allied Health Clinic.

Specific exercise prescription, physiological evaluation and monitoring will provide pivotal outcomes in your short & long term prognosis. A carefully designed exercise plan will minimise the risk of your condition exacerbating, or from developing other acute or chronic conditions. Furthermore, Dr Sostaric will ensure you get the right balance of exercise (not too little or too much), with the aim of helping you improve your functional capacity & healthcare outcomes.

Dr Sostaric is a highly experienced exercise physiologist in clinical practice and research, specialising in evidence based exercise therapy and lifestyle interventions for persons at risk of developing, or with existing chronic and complex medical conditions and injuries. Pathology domains include cardiovascular, metabolic, weight management, autoimmune, neurological, musculoskeletal, cancers, respiratory and fatigue conditions. Dr Sostaric has also established an international track record in professional sport; primarily in training, performance & recovery innovation & practical applications.

Consultation/s with Dr Sostaric includes;

- Risk assessment - ensuring safe, suitable and sustainable exercise interventions
- Functional capacity – physiological & physical limitations
- Implementation – compliance strategies for effective exercise interventions
- Occupational health – pre employment assessments; task analysis; fit for work programs
- Clinical exercise prescription – exercise plans for supervised and unsupervised situations
- Exercise rehabilitation – facilitate & monitor exercise prescription responses and adaptations
- Fitness & body composition evaluation – VO_{2max} ; metabolism; DEXA scan (muscle, fat, bone)

Rebates:

Private health fund rebates are available for those with extras cover for exercise physiology. Medicare (EPC); Worksafe; TAC; and DVA rebates are available for those with the appropriate GP referral.

Appointments:

To make an appointment, or for more information, please contact the clinic on 03 9374 4077 or enquiry@msahc.com.au. During your first appointment, please wear comfortable clothing, as you may undertake a number of functional assessments. If you are required to undergo graded exercise evaluations (eg. exercise stress / metabolic and cardiovascular responses), you will be advised of procedures during your initial consultation. Please bring medical reports, scans, blood test results, and referral documentation to your first appointment.

