



NDIS REGISTERED PROVIDERS

There are around 4.3 million Australians who have a disability. When it is fully rolled out, the NDIS will provide about 460,000 Australians aged under 65, who have permanent and significant disability with funding for supports and services. For many people, it will be the first time they receive the disability support they need.

ProHealth EP is a registered provider with the National Disability Insurance Scheme (NDIS). We can assist you with exercise physiology services under the Improved Daily Living, Health and Wellbeing, and Therapeutic Supports sections for those with a permanent disability, where the disability impacts the ability to perform activities of daily living. This means we can assist you whether you are plan managed, self-managed or NDIA managed.

Our exercise physiologists work with your health care team to provide you with the best possible treatment plan.

We can assist you with the following treatment options:

- Hydrotherapy
- Home-based exercise therapy
- Gym-based exercise therapy
- Group-based exercise therapy

Regular exercise has been proven to provide many benefits including:

- Improving muscular and bone strength
- Improving postural control
- Improving your ability to complete daily tasks
- Improving quality of life
- Reducing joint pain
- Improving balance and reducing risk of falls
- Reducing risk of mental health concerns
- Reducing risk of co-morbidities such as heart disease and diabetes

All exercise physiology treatment costs will be funded by the NDIS when the NDIA plan has been approved under the Health and Wellbeing support category; and/or Therapeutic Supports; and/or Improved Daily Living.

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