

Perth Integrated Health Clinic

Northern Districts Clinic

Unit 12, 8 Booth Place, Balcatta

Ph: 9 240 5266

Performance Enhancement Clinic

Melville Aquatic Centre, Marmion Street,
Booragoon

Ph: 9 364 8626

Fax: 9240 1522

Email: julian@pihc.com.au

Web: www.pihc.com.au

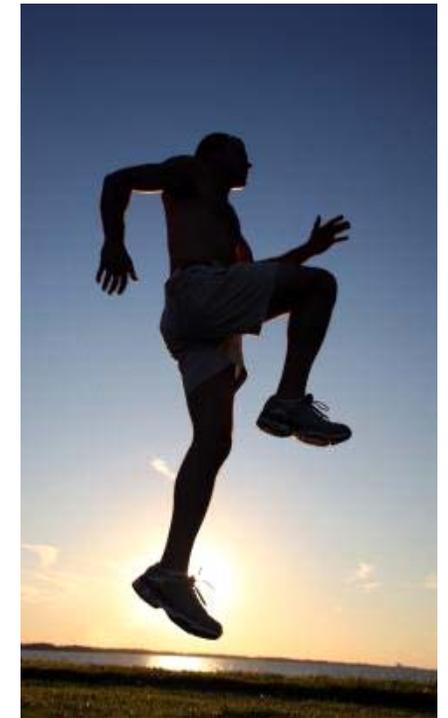


PIHC takes a great deal of interest in the health and performance of elite and recreational athletes both young and old. Over the years, PIHC has created close bonds with state level clubs and has been committed to the prevention of injury and performance enhancement of high level athletes as well as recreational athletes.

At the opposite end spectrum, exercise physiology at PIHC also puts in a great amount of energy to improve the lives and function of those with chronic disability. Exercise Physiology can be used to increase muscular endurance and cardiovascular function

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Exercise Physiology



PIHC–Exercise Physiology

Exercise Physiology is the identification of physiological mechanisms underlying physical activity, the delivery of treatment services concerned with improvement, maintenance of health and fitness and develop strategies which promote and assist in interventions being undertaken regularly for a prolonged period of time.

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.



Exercise Programs can be designed and implemented to suit the individual. These can contain:

- **Core strengthening**
- **Flexibility**
- **Injury rehabilitation**
- **Plyometrics**
- **Aerobic/Cardiovascular improvements**
- **Use of the Huber**
- **Use of Whole Body Vibration**



The Huber promotes core strengthening, joint mobility, flexibility, balance and coordination. It is used in exercise physiology to rehabilitate from injury and also improve performance among athletes and sports.



We work very closely with a range of high level sports people taking special interest in cycling, swimming, Triathlons, netball, soccer & basketball.