

The Guardian Difference



Conveniently Mobile

Community-based ensuring independence and convenience in programming, and durability and maximised self-efficacy in the long-term.



Clinical Experience and Expertise

Industry leaders in clinically-guided, best practice exercise interventions across a vast array of injuries and illnesses; from common musculoskeletal concerns through to early-intervention exercise to support psychological conditions.



Great Communicators

Utmost quality of value-adding communication, working collaboratively with all stakeholders to ensure true synergy working towards a common goal for our clients.



Appropriately outcome focussed

Determined, passionate and committed to facilitate the earliest safe, appropriate and sustainable return-to-work ensuring a cost-effective service.



Personalised and personable

We work closely with our clients to provide a highly-tailored and professional service that encapsulates humanistic and empathetic principles and behaviours.

A reputation built on quality service and expertise



Contact us

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Visit us online to submit an **E-Referral:**

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Optimise function, wellness, empowerment and self-efficacy to support healthy re-engagement in the work-force and everyday activities, whilst promoting enriched overall quality-of-life.



Community-Based, Mobile
Accredited Exercise Physiologists

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Who is Guardian Exercise Rehabilitation?

Established in 2000 and with nearly two-decades fully operational and an ever-increasing national footprint, Guardian Exercise Rehabilitation are the industry leaders in clinically-guided, best-practice exercise interventions that amalgamate truly holistic biopsychosocial rehabilitation principles with an understanding of, and appreciation for, recover-at-work processes, being a strong supporter of the principles of the Health Benefits of Good Work campaign.

Guardian Exercise Rehabilitation provides prescription of therapeutic exercise programmes for personnel afflicted with injury or illness under a compensable-injury policy; principally across Workers' Compensation, Compulsory Third Party (CTP) and Life Insurance Schemes – consulting clients across a broad spectrum of injuries and illnesses – as varied as musculoskeletal injuries right through to cancer, significant cardiac conditions and mental health.

Guardian is a very keen believer-in community-based exercise-rehabilitation to ensure independence and convenience in completion during programming, and autonomy into the long-term - ultimately ensuring durability with outcomes and self-efficacy for clients. Guardian's programmes are as oriented towards education and empowerment as they are towards exercise-specifics.

Guardian are a team of vibrant professionals with the utmost standard of care delivered to all clientele, and an unwavering level of exceptional service provided to all customers and stakeholders. Guardian's AEP's are driven towards continual personal and professional development, facilitated through a highly supportive structure and uniquely positive culture.

Benefits of referring to Guardian?

- Evidence-based practice with organisational focus on constant professional development and expertise
- Embrace the transition from patho-anatomical injury-management, with a true application of the biopsychosocial approach
- Clinical expertise with significant array of injuries and conditions
- Co-ordinate all required approvals and paperwork
- Ensure constant appointment-availabilities and accommodate rapid turnaround consultations
- Provide regular, poignant and value-adding updates and recommendations
- Offer case-conferencing as a medium to ensure collaboration in approach and provide recommendation on return-to-work specifics
- Community-based providing utmost convenience and empowerment towards independence
- Facilitate earliest safe, appropriate and sustainable return-to-work ensuring a cost-effective service
- Through education on self-guided exercise, promote high levels of self-efficacy and mitigation of re-injury
- Understand the workplace and job-demands, ensuring rehabilitation is tailored accordingly
- See the big picture and ensure rehabilitation also supports restoration of capacities for avocational and recreational pursuits
- Motivate and educate to healthier overall lifestyle

Why refer to Guardian?

Guardian AEP's endeavour to make a difference to people's lives by empowering them through high-quality rehabilitative exercise programmes.



Guardian abides by the five principles outlined in the Clinical Framework for the Delivery of Health Services, which are:

- 1 Measure and demonstrate the effectiveness of treatment
- 2 Adopt a biopsychosocial approach
- 3 Empower the injured person to manage their injury
- 4 Implement goals focused on optimising function, participation and return to work
- 5 Base treatment on best available research evidence