



Helping Hand
new aged care

Exercise Physiology Clinics



Parafield Gardens

437 Salisbury Highway, Parafield Gardens

At our Parafield Gardens therapy centre, we provide healthcare services to our residential and community clients. The fully equipped centre has modern equipment including recumbent bike, treadmill, leg pedals, stairs, parallel bar, functional trainer and massage chair. Individual consultations and exercise classes with an exercise physiologist are available on Tuesdays and Fridays.



Healthcare Services

We have a wide range of healthcare services, clinics and classes available at Parafield Gardens and North Adelaide. These include:

Healthcare Services

- / Exercise physiology
- / Occupational therapy
- / Physiotherapy
- / Podiatry
- / Dietetics
- / Speech pathology
- / Community nursing
- / Social work

Clinics and Classes

- / Health check clinics run by nurses
- / Pain management clinics run by physiotherapists
- / Falls prevention clinics run by physiotherapists
- / Exercise classes run by exercise physiologists that aim to improve physical function and management of chronic medical conditions (such as lung, cardiovascular, musculoskeletal and pain)

North Adelaide

Harrison Court, 54 Buxton Street, North Adelaide

At our North Adelaide exercise physiology clinic, there is a fully equipped centre as well as a garden within the precinct for outdoor exercises. We focus on individual consultation and exercise classes with a qualified exercise physiologist. This means we can offer tailored support to help clients maintain and improve their wellbeing. Individual consultation and exercise classes with an exercise physiologist are available on Mondays and Thursdays.



Exercise Classes

The exercise classes available at North Adelaide and Parafield Gardens include:

Seated Qigong – 30 minute class

Qigong is the art of managing the breath to achieve and maintain good health. We offer a seated form of Qigong, consisting of gentle arm and torso movements combined with deep breathing. Clients can easily replicate the movements they learn at home, leading to ongoing health benefits, including reducing the risk of cardiovascular disease.

Age Well Fitness Group – 60 minute class

The Age Well Fitness Group is a small class of maximum eight clients at a time, designed to improve many aspects of fitness including aerobic, strength, balance and flexibility, leading to a reduced risk of falls and a general improvement in quality of life. Exercises can be specifically tailored for clients with chronic medical conditions.



Contact

For information on exercise physiology services and classes, please contact us:

Helping Hand Exercise Physiology

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