

Parkinson's Specialised Program



The Parkinson's specialised program is a two part (individual and small group) health and wellbeing exercise program specifically designed to maintain and improve physical capacities. This program has been developed from evidence based research conducted here at the Vario Health Institute.

The individual component enables the participant to gradually ease into the program on an individual basis with the qualified and experienced exercise physiologist.

The group component then progresses the participant to be more independent and in control with small group sessions fully supervised by the exercise physiologist.

Program Benefits

- Improvements in muscle strength and physical function
- Improvements in balance and gait speed
- Improvements in general wellbeing
- Improved psychological benefits such as increased feelings of control
- Strong social support

State of the Art Facility and Equipment

At the Vario Wellness Clinic we have state of the art equipment with testing capabilities including:

- DEXA bone density and body composition scans
- Neurocom Balance Testing
- Resting Metabolic Testing
- Functional Work Capacity Testing
- Lung Function Testing
- Strength Testing

Medicare rebates may apply if referred by a GP. Some health insurance companies also provide rebates. Please discuss with your GP or Health Insurance Fund.

To make an appointment or find out about our costs, please contact:

Vario Wellness Clinic
Telephone: 6304 3444
Email: variowellness@ecu.edu.au;
Website: www.variowellness.org