



REFERRER GUIDE

Sport and Exercise Physicians are specialists in the management of sporting injuries and illnesses in the active population as well as exercise prescription in the management and prevention of chronic diseases such as diabetes, cardiovascular disease and osteoarthritis. All Sport and Exercise Physicians have experience in looking after elite athletes and teams and apply these principles to the management of all patients, whether they are recreational athletes, adolescent or disabled athletes, manual workers or those with or without chronic diseases simply wanting to safely manage their activity levels.

SPORT AND EXERCISE MEDICINE CLINICS ARE STILL OPEN

Physical activity is a simple way to protect both physical and mental health during the COVID19 pandemic.

It is important to keep people moving during these times of home isolation and many people experience a worsening of painful conditions during times of high psychological stress. Sport and Exercise Physicians can continue to provide care that can keep people healthy when they are isolating.

Sport and Exercise Clinics are considered "essential" services. Most of the conditions treated are neither urgent nor critical so many clinics are offering services by video consultation. Patients are finding this convenient and are surprised at how much can be achieved using digital technologies. Patients can still attend in person if this is considered important for their care. In most cases these consultations are fully funded by ACC and private insurers with a referral.

SPORT AND EXERCISE PHYSICIANS CAN HELP YOUR PATIENTS WITH

- Acute musculoskeletal injuries
- Sprains and dislocations that are not improving
- Knee injuries
- Osteoarthritis
- Back pain
- Tendon problems
- Heel pain
- Trochanteric bursitis
- Stress fractures
- Overtraining
- Diabetes, heart disease, obesity etc., who need to get moving
- Amenorrhoea relating to over exercise

