



ACU Health Clinics – Brisbane

Programs for adults with Parkinson's disease

ACU Health Clinic (Banyo) offers exercise programs for adults with Parkinson's disease, including individual health and symptoms assessment as well as group exercise sessions. These sessions aim to assist in maintaining fitness, reducing symptom severity and limiting the development of other diseases for adults with Parkinson's disease. Clinical exercise physiology services are eligible for bulk billing with an eligible referral from your GP.

ACU Health Clinics are university teaching facilities that offer allied health services including exercise physiology, physiotherapy, occupational therapy, speech pathology, psychology and social work. Our clinical programs are delivered by student practitioners under the supervision of professional practice educators who are all fully-qualified and experienced health professionals in their respective fields.

OUR SERVICES

Individual assessments and exercise programs including:

- assessment of physical capacity, strength and fitness
- determination of cardio-metabolic risk factors
 - individualised exercise prescription
 - multidisciplinary assessment and interventions including physiotherapy and occupational therapy.

Park 'N' Ride group exercise sessions offering:

- group exercise program conducted on stationary bicycles
- social engagement with other adults with Parkinson's disease to develop support networks and lasting friendships
- capacity to involve family members and carers in exercise engagement.

MAKING AN APPOINTMENT

If you are interested in exercise physiology services, more information regarding the ACU Health Clinic, or making an appointment, please contact reception.

Reception: (07) 3623 7740

Email: admin.healthbris@acu.edu.au

LOCATION

ACU Health Clinic
8 Approach Rd Banyo Qld 4014
Free parking is available on site.

OPENING HOURS

Monday–Friday, 8am–4pm

REFERRALS

Self-referrals are accepted. Referrals from GPs, health professionals, child health nurses, and other services are also accepted.

COST

Individual exercise session or assessment: \$52.95

(Bulk billing available for eligible referrals)

Group exercise: \$15 a session

More information on our clinic

Visit our webpage:
www.acu.edu.au/exercise-lifestyle-clinic

CRICOS registered provider: 00004G

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