

ALLIED HEALTH TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | FRIDAY |
|----|----------------------------------|--|---|--|
| AM | | Remedial Massage* (9am – 12pm) | Exercise Physiology* (8:30am – 11:30am) | Fascia Stretch* (7am – 11am) |
| | | | Remedial Massage* (8:30am – 11:30am) | |
| PM | Dietitian* (1pm – 3pm) | Nurse Practitioner (12pm – 1:30pm) | Physiotherapy* (11:30am – 2:30pm) | Exercise Physiology* (11:30am – 3pm) |
| | | | | Remedial Massage* (11:30am – 3pm) |

CLASS DESCRIPTIONS

Nurse Practitioner: Our NP offers a range of services including issuing prescriptions, image and specialist referrals, pathology (blood work), skin checks, diabetes screening and health checks.

Physiotherapy: Our physiotherapist can assess, diagnose and treat a range of health conditions using tools like dry needling and manual therapy to repair, rehabilitate and help you achieve your physical goals.

Exercise Physiology: Our exercise physiologist delivers evidence based exercise

prescription to manage chronic diseases and improve physical and mental health outcomes.

Dietitian: Our Dietitian can assist with treating a variety of dietary, health and wellness concerns to help you achieve and maintain your nutritional goals.

Remedial Massage Therapy: Our massage therapist offers a range of services including deep tissue, trigger point release and cupping to release muscle tension, relax the body and restore movement.

CONTACT

For more information please contact qfitness@q1.com.au

The Allied Health Hub is located on level 12, QV1 public car park, Hay Street, Perth.

