

ACCREDITED EXERCISE PHYSIOLOGISTS

Accredited Exercise Physiologists (AEPs) specialise in the delivery of exercise, lifestyle and behavioural modification programs for the prevention and management of chronic diseases, injuries and disabilities. AEPs adopt a holistic approach to managing clients to encourage reablement, promote wellness and to improve clinical, functional and/or psychosocial status for their clients. The AEP profession is a mainstream allied health profession widely recognised in the healthcare sector. AEPs are eligible to register with Medicare Australia, the Department of Veterans Affairs', many private health insurers and state and

national workers compensations' schemes. They are also included within health professional awards akin to other mainstream health professions. Please refer to ESSA's AEP Scope of Practice for further details.

The following table lists the major chronic conditions for which there is strong evidence that exercise will improve clinical, functional and/or psychosocial status for those clients*.

	SUPPORTING EVIDENCE	NHMRC RATING **
CATEGORY 1: CARDIOVASCULAR DISEASE		
Ischaemic heart disease	<ul style="list-style-type: none"> Physical Activity and Health - A Report of the Surgeon General Executive Summary Evidence for prescribing exercise as therapy in chronic disease - Scandinavian Journal of Medicine and Science in Sport 	
Post-acute myocardial infarction	<ul style="list-style-type: none"> Physical Activity and Health - A Report of the Surgeon General Executive Summary Evidence for prescribing exercise as therapy in chronic disease - Scandinavian Journal of Medicine and Science in Sport 	
Chronic heart failure	<ul style="list-style-type: none"> Exercise training and chronic heart failure - ESSA position statement 	1
Hypertension	<ul style="list-style-type: none"> Exercise and hypertension - ESSA position statement 	1
Peripheral arterial disease	<ul style="list-style-type: none"> Exercise prescription and peripheral arterial disease - ESSA position statement 	1
CATEGORY 2: RESPIRATORY DISEASE		
Asthma	<ul style="list-style-type: none"> Exercise and asthma - ESSA position statement 	
Chronic obstructive pulmonary disease	<ul style="list-style-type: none"> Evidence for prescribing exercise as therapy in chronic disease - Scandinavian Journal of Medicine and Science in Sport 	
Cystic fibrosis	<ul style="list-style-type: none"> Physical training for cystic fibrosis (Review) - The Cochrain Collaboration 	1
CATEGORY 3: METABOLIC DISEASE		
Diabetes mellitus	<ul style="list-style-type: none"> Exercise and Diabetes - ESSA position statement 	1
Dyslipidaemias	<ul style="list-style-type: none"> Dyslipidaemia - EIM Factsheetss 	
Impaired glucose tolerance	<ul style="list-style-type: none"> Evidence for prescribing exercise as therapy in chronic disease - Scandinavian Journal of Medicine and Science in Sport 	1
Obesity	<ul style="list-style-type: none"> Exercise for overweight or obesity (Review) - The Cochrain Collaboration 	1
CATEGORY 4: MUSCULOSKELETAL DISEASE/CONDITION		
Arthritides	<ul style="list-style-type: none"> A review of the clinical evidence for exercise in osteoarthritis of the hip and knee - ESSA position statement Exercise for osteoarthritis of the knee (Review) - The Cochrain Collaboration 	1
Osteoporosis / Osteopenia	<ul style="list-style-type: none"> Targeted exercise against osteoporosis: A systematic review and meta-analysis for optimising bone strength throughout life - BMC Medicine Exercise for preventing and treating osteoporosis in postmenopausal women (Review) - The Cochrain Collaboration 	1

Sub-acute &/or chronic musculoskeletal pain and injury including: <ul style="list-style-type: none"> • Spinal and pelvic pain • Joint and associated soft tissue injury/dysfunction • Post-operative pain (e.g. knee and hip replacement) • Amplified musculo-skeletal pain conditions including fibromyalgia and complex regional pain syndrome 	<ul style="list-style-type: none"> • Exercise for treating fibromyalgia syndrome (Review) - The Cochrain Collaboration • Walking exercise for chronic musculoskeletal pain: Systematic review and meta-analysis - American congress of rehabilitation medicine 	1
CATEGORY 5: NEUROLOGICAL/NEUROMUSCULAR DISEASE/CONDITION		
Acquired Brain Injury	<ul style="list-style-type: none"> • Acquired Brain Injury - EIM Factsheets 	
Multiple Sclerosis	<ul style="list-style-type: none"> • Exercise therapy for multiple sclerosis (Review) - The Cochrain Collaboration 	1
Parkinson's Disease	<ul style="list-style-type: none"> • Parkinson's Disease - EIM Factsheets • Two-year exercise program improves physical function in Parkinson's Disease: The PRET-PD randomized clinical trial - SAGE 	1
Spinal cord injury	<ul style="list-style-type: none"> • Spinal Cord Injury- EIM Factsheets • Effect of long-term physical activity and acute exercise on markers of systemic inflammation in persons with chronic spinal cord injury: A Systematic Review- American congress of rehabilitation medicine 	
Stroke	<ul style="list-style-type: none"> • Physical fitness training for stroke patients (Review) - The Cochrain Collaboration 	1
Cerebral Palsy	<ul style="list-style-type: none"> • Health-related fitness for children and adults with Cerebral Palsy - American College of Sports Medicine • The role of fitness in health and disease: status of adults with cerebral palsy - Developmental Medicine & Child Neurology • Health-related physical fitness for children with Cerebral Palsy - SAGE 	
CATEGORY 6: OTHER DISEASES/CONDITIONS		
Aged Care	<ul style="list-style-type: none"> • The functional effects of physical exercise training in frail older people a systematic review - Sports Med 	1
Falls prevention	<ul style="list-style-type: none"> • Exercise and falls prevention in older people - ESSA position statement 	1
Cancers	<ul style="list-style-type: none"> • Optimising cancer outcomes through exercise - ESSA position statement • An update of controlled physical activity trials in cancer survivors: a systematic review and meta-analysis - Springer • American College of Sports Medicine Roundtable on Exercise Guidelines for Cancer Survivors - American College of Sports Medicine • Exercise for the management of cancer-related fatigue in adults (Review) - The Cochrain Collaboration 	1
Mental Health including depressive symptoms, anxiolytic benefits, schizophrenia	<ul style="list-style-type: none"> • Exercise and mental health an Exercise and Sports Science Australia commissioned review - ESSA position statement 	1
Chronic Fatigue Syndrome	<ul style="list-style-type: none"> • Exercise therapy for chronic fatigue syndrome (Review) - The Cochrain Collaboration 	1
Healthy Ageing	<ul style="list-style-type: none"> • Progressive resistance strength training for improving physical function in older adults (Review) - The Cochrain Collaboration 	1
Kidney disease	<ul style="list-style-type: none"> • Exercise and chronic kidney disease - ESSA position statement 	1

*If a condition is not included in this list, please visit the ESSA website to find and AEP to discuss your enquiry as this list is not exhaustive of the scope of AEP practice.

**Given the diversity of presenting pathologies, the NHMRC rating is the highest available within that category and may be specific to a particular phase of treatment or sub-category. The attached resources provide more specific details where applicable.