

Exercise physiology, explained.

James Murphy · Accredited Exercise Physiologist & Remedial Massage Therapist · Griffith, Canberra

Accredited Exercise Physiologists (AEPs) are university-qualified allied health professionals who prescribe clinical exercise for chronic disease, injury and disability. I am also a qualified remedial massage therapist, so patients receive hands-on treatment and structured exercise from one clinician, in one plan, with one report back to you.

Patients I can help you with.

- **Chronic disease management:** type 2 diabetes, cardiovascular disease, hypertension, obesity, osteoporosis and osteopenia, chronic pain.
- **Mental health:** anxiety, depression and PTSD. I am one of the few EPs in Canberra treating mental health as a primary referral reason, using graded, evidence-based exercise prescription.
- **Complex musculoskeletal cases:** patients who have not found an answer with surgery, physiotherapy or previous exercise therapy, including chronic low back pain, tendinopathies and post-surgical rehabilitation.
- **Healthy ageing:** falls prevention, balance and vestibular concerns, bone density loading programs, pre- and post-joint replacement, and confidence-building for older adults returning to activity.
- **Veterans and injured workers:** DVA (D904 referral), Comcare and ACT workers compensation claims.

What you can expect from me.

- **Written reports:** for Medicare CDM referrals you receive a report after the first and final session of each course, as MBS requires. DVA patients receive an end-of-cycle report at 12 sessions or 12 months.
- **Fast access:** new patients are typically seen within one week. Urgent cases: patients can call me directly and I will make a time.
- **Honest triage:** if a patient needs a different clinician, imaging or a specialist opinion, I will say so early and refer accordingly.

REFERRAL PATHWAYS AND FEES

How to refer.

James Murphy · Accredited Exercise Physiologist & Remedial Massage Therapist · Griffith, Canberra

Funding pathways.

Medicare CDM (item 10953)

GP Management Plan + TCA. Up to 5 allied health sessions per calendar year. Fee \$150 (GST-free); Medicare rebate \$63.40; patient gap \$86.60.

DVA

D904 referral. Gold Card: any clinically necessary condition. White Card: accepted conditions. No cost to the veteran. Treatment cycle: 12 sessions or 12 months, then a report back to you.

NDIS

Plan- and self-managed participants. Capacity building, daily living. \$161.99/hr under the current price guide.

Comcare / workers compensation

Initial sessions accepted on referral; treatment plan provided to the insurer as required. CTP and ACT schemes also accepted.

Private

No referral needed. EP initial consultation \$165, follow-up \$96.80. Private health rebates apply with participating funds. Remedial massage from \$79.

To refer.

Send referrals, plans and D904 forms to admin@fwphysiology.com, or have your patient book directly at www.fwphysiology.com or on 0418 153 608. I am happy to take a call to discuss whether a patient is a good fit before you refer.

Practice details.

Practitioner

James Murphy, Accredited Exercise Physiologist (ESSA 29912) and Remedial Massage Therapist.

Provider number

6561894X (Medicare and DVA).

Location

40/42 Franklin St, Griffith ACT 2603, inside Fitness Grand, first floor.

Contact

0418 153 608 · admin@fwphysiology.com · www.fwphysiology.com

Hours

Mon 10-1 & 3-6 · Tue 9-2 · Wed 8-12 & 3-6 · Thu 11-7 · Fri 12-6. Telehealth available.