

One Culture Adelaide Exercise Physiology

Meet our Exercise Physiologist, Amelia



Amelia graduated with a Bachelor of Clinical Exercise Physiology (Honours) from UniSA in 2021 where she then relocated to Kadina for 12 months. She travelled around the Yorke Peninsula working with a range of patients with various chronic conditions and disabilities. During this time, she developed a strong passion for working with people with both physical and intellectual disabilities and neurological conditions.

Amelia is very passionate about the importance of physical activity for managing chronic conditions, musculoskeletal pain and for general health and wellbeing. She enjoys working with people to educate them on the benefits of physical activity and to help in creating long term healthy habits and sustainable exercise programs. Amelia loves building relationships with clients of all ages and helping them to improve their abilities and achieve their goals.

You will be attending Exercise Physiology at...

One Culture Support Services

[U4/387 Churchill Rd, Kilburn 5084](#)

There are plenty of car spaces directly out the front of One Culture Support Services for you to use.



Here are some pictures of the location



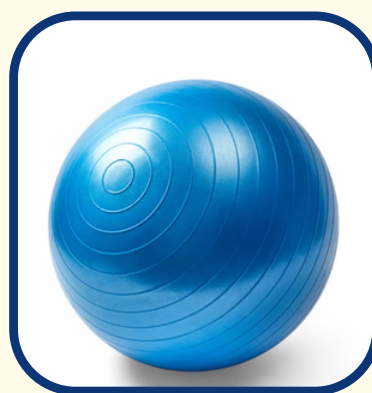
Here is some of the equipment we will be using



Balance blocks



Gym ball



Soft mat



Foam Roller



What other equipment do you like to use?
Let Amelia know!

What your physiotherapy session might look like



Arriving at the session

When I arrive I might have to wait for the Exercise Physio to finish a session. So I wait in the foyer until they come over to greet me.



The Assessment

They ask me to move different body parts to see how I'm doing. It's like a fun game!



Exercises and Activities:

I do exercises with their help. They might use cool equipment like bands or soft balls.



Doing My Best:

I try my best, but it's okay if it's hard. They make it easier if needed and support me.



Homework:

Sometimes, they give me exercises to do at home to get even stronger.



Saying Goodbye

We say goodbye, and I might get a high-five. I'm doing great and getting stronger every day!

Your session will last for 1 hour

Amelia's rules



Amelia has 3 rules for your session

1

Try Your Best: Amelia will give you exercises and activities to do. Try your best, but don't worry if something is hard. They understand, and they can make things easier if you need it.

2

Listen: When Amelia shows you what to do, listen carefully and follow her instructions. She is there to help you get stronger and feel better.

3

Ask Questions: It's okay to ask questions if something is unclear or if you're curious about what's happening. Amelia is happy to explain things to you.

With these rules in mind, you'll have a great exercise physiology appointment and work towards becoming even stronger and healthier.

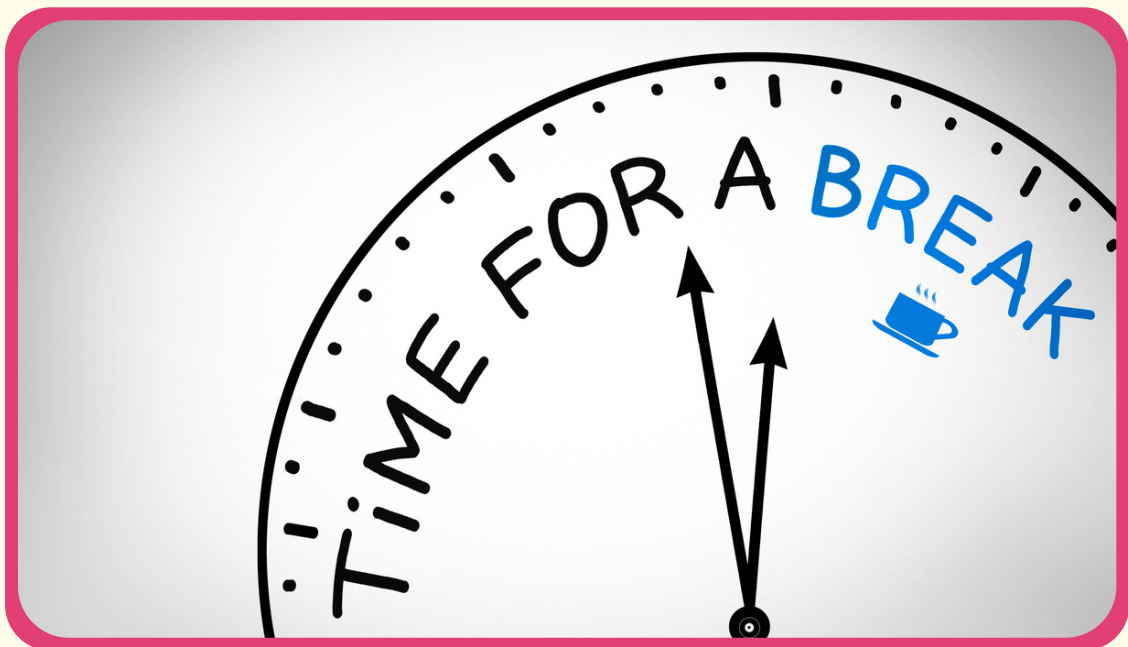
You're doing great!

Break



If you need a break, you can ask Amelia and tell her what you need.

Make sure if you need a break that you stay where Amelia can see you.



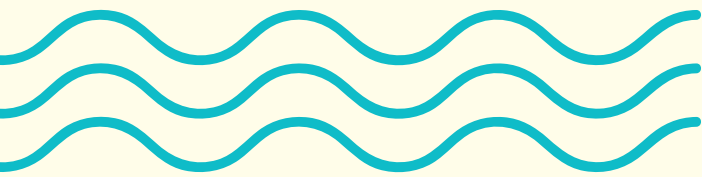
Thank you



Thank you for taking the time to read through our Social Story.

If you have any feedback, recommendations, questions, or comments please email us at the address listed at the bottom of the page.

We can't wait to see you at One Culture Exercise Physiology!



Phone: 08 7080 3894

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