

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors



New UTAS clinic provides much-needed facility for those with chronic illnesses

A new exercise physiology clinic at the University of Tasmania's Newnham campus is providing a much-needed service for northern Tasmanians with chronic heart, lung and back conditions.

Opened today by the UTAS Vice-Chancellor, Professor Peter Rathjen, the clinic is also a facility for students of exercise science and exercise physiology to gain experience working with clients with these conditions.

Professor Rathjen said that this purpose-built facility, which replaces a temporary clinic, advantaged both the community and the university.

"The new clinic site caters for more than 100 patients a week," he said.

"It provides the local community a welcoming, safe space to undergo highly supervised exercise for their conditions, and will also allow for an expanded research program linked to those services," he said.

"It is a good example of the university engaging with the community to provide a service that may otherwise be unavailable to people in need.

"Learning opportunities gained through the clinic assists our students in gaining professional accreditation from Exercise & Sports Science Australia as accredited exercise physiologists."

The director of the Exercise Physiology Clinic, Dr Andrew Williams, said the clinic runs several specialised classes each week for people with cardiovascular diseases and is the only service in the state for people after completing pulmonary for chronic respiratory conditions.

"We also deliver weekly classes in Pilates for older adults, and weekly specialised classes to treat lower back pain," he said.

"There are also tailored exercise sessions for clients with metabolic conditions such as diabetes."

Recently the Man Plan, a resistance training program for patients undergoing anti-androgenic treatment for prostate cancer, has been added to the services provided.

Recently the team of five academics providing the clinic's services was awarded the Vice-Chancellor's community engagement award for 2013.

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