



EXERCISE PHYSIOLOGIST – JASON

Jason is an accredited **exercise physiologist** with over 10 years of clinical experience, holding a Master's degree in Clinical Exercise Physiology from Deakin University.

He provides individualised, evidence-based exercise therapy to support:

- Musculoskeletal injury & chronic pain
- Cardiovascular & respiratory conditions
- Neurological disorders
- Metabolic conditions (such as diabetes)
- Rehabilitation & disease management

With a thorough and thoughtful assessment process, Jason considers each patient's medical history, goals, and abilities to design safe and effective treatment plans tailored to their needs. Jason strongly believes in the body's incredible ability to adapt and heal. His goal is to help patients improve strength, confidence, and quality of life through professionally prescribed exercise.

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