

ADRIAN (AGEY) DOBRAZSKIEWICZ

Exercise Physiologist

QUALIFICATIONS

- B. Exercise Science
- M. Clinical Exercise Science & Rehabilitation

AREAS OF EXPERTISE

- Cardiovascular, Respiratory and Pulmonary health.
- Strength and rehabilitation of metabolic, neurological and musculoskeletal conditions.
- Pain management for cancer, kidney and various osteo conditions, and some chronic mental health conditions.
- Other conditions where exercise can improve clinical status.

BIO

My name is Adrian, and I'm an Allied Health Professional equipped with the knowledge and skills to design, deliver and evaluate safe and effective exercise intervention for people with acute, sub-acute or chronic medical conditions, injuries or disabilities.

I prescribe, deliver and adapt using movement, physical activity and evidence-based interventions to facilitate and optimise the health status, function, recover and independence of affected clients.

I am passionate about health and fitness and have been playing soccer from a young age. After my own firsthand experience with a severe ankle break and ligament tear, I wanted to do something to help others in the same boat as I was and pursued a career in Exercise Physiology and Rehabilitation.



What's your favourite movie?

Gladiator.

Top workout tip?

"The difference between the impossible and the possible lies in a person's determination and consistency" - Tommy Lasorda