

ALLIED HEALTH PROFESSIONAL (AHP)	WHAT IS THEIR AREA OF EXPERTISE?
Doctor	Many of your clients may be taking medications, have a history of treatment or require a general examination and a discussion of health. Remember if in doubt you can refer your client to their GP as a safe bet, however using your knowledge and skills you should be able to send them straight to the right AHP!
Physiotherapist	A lot of clients will experience muscle weakness or joint pain and continue to work through these symptoms during their workouts, or get to a point where they can't continue anymore due to the pain. There may be the need for extra mobility and specific muscle strengthening or even extra recovery rehabilitation from injuries. The physiotherapist will be able to diagnose these musculoskeletal problems and be your go-to for helping your clients move more pain-free!
Exercise Physiologist	Think about your clients, they may have chronic diseases or conditions that need to be managed with exercise, can we work with them? Yes! Should we ask for guidance? Sometimes, an exercise physiologist works with clients that require management of chronic disease and illness through the use of exercise science and the delivery of prescriptive exercise.
Occupational Therapist	Some clients may need assistance with the completion of tasks and skills at work or during activities of daily living. Occupational therapists enter environments i.e. homes, gyms, etc. and make adjustments to make these clients' activities easier!
Remedial Massage Therapist	Muscles get sore and tight and need to be relieved! Working on the connective tissue with hands-on myofascial release techniques could be exactly what your clients need! A referral to a remedial massage therapist could be a great option to optimise your client's performance and promote relaxation
Chiropractor	Does your client have lower back pain and feel pain through the lumbar and thoracic spine? A trip to the chiro might be just what they need! Chiropractors specialise in conditions and disorders related to the spine, they can provide some great guidance on how your client can best protect their spine during exercise.

Osteopath	Is your client presenting with any musculoskeletal disorders? Some of these conditions might require some adjustment of body parts or identifying any underlying issues due to alterations in posture. The osteopath can use manipulation and soft tissue techniques to allow your clients to perform or manage during your personal training sessions.
Podiatrist	It all starts from the bottom! Our feet are such an important part of how we move as humans; dysfunction in the lower limb may cause pain, or result in errors in human gait. The podiatrist is an AHP that can assist in correcting movement patterns or help movement patterns through assessment and treatment of the feet, ankles and lower limbs.
Dietician	We all have our opinion on nutritional advice but how qualified are we to give specific advice that may relate to a client's goal or condition? As a PT we are able to advise clients on the Australian dietary guidelines, however, if you had a diabetic client present asking for an eating plan for their condition as they want to lose weight...Refer! Dieticians supplement your programming by advising clients specifically on different aspects of diet and its management for a healthy lifestyle.
Psychologist	Your client seems withdrawn or is suffering from long-term injury and is hesitant to do activities as they lack confidence. A psychologist could help! They work with more than mental health issues, they can help to improve confidence or help manage conditions that affect the way they think, feel and act.
Continence Health Worker	As a client ages or if they have a baby, they may not have the required pelvic floor control. Incontinence is an issue that is more evident in older clients. It involves being unable to confidently control healthy urinary and sometimes faecal function. The pelvic floor muscles need to be strengthened to assist with this to control trolage during high-impact activities or open leg postures. The guidance of the continence health worker will enable you to incorporate strategies into your programs that will benefit your client.