



Expansive Health

with Steph Woodhouse

Doctor's Clearance

Below is a quick summary, suitable to give to your doctor. This will give them a better understanding of what the program involves and assist them in deeming whether the program is suitable for you.

PROGRAM .5

Program .5 is an online exercise program designed by Melbourne based Physiotherapist Stephanie Woodhouse.

It is designed to be suitable for people suffering from a wide variety of illnesses, injuries and functional limitations.

It includes basic strength and stability exercises that are progressed in a slow controlled manner in line with graded exercise programs. The exercises are carefully chosen to be low risk and cover most major muscle groups. The vast majority of the exercises can be done laying or seated or can be modified to do so.

In addition to physical exercise there are added techniques and advice in the areas of breathing, mindfulness, and the lymphatic system. All incorporated in a way that aims to assist in the modulation of the nervous system and the bodies overall response to the exercises.

The end goal of this program is to assist people to become comfortable with exercise, have a number of techniques to help calm the body and promote recovery post exercise, and assist the individual to get to a place where other, more common rehab programs etc become achievable for them.

The program itself includes online videos with additional written material. Participants have access to a Facebook group to create a sense of community as well as be able to communicate with Steph regarding any questions etc. The program is structured in a way to allow the participant to completely self-pace and modify the program set up to suit them.

EXTRA INFO ABOUT STEPH

Steph, the creator of the program has drawn from both her personal experiences as well as her extensive education to create this functional program with a strong evidence base.

She has personally suffered with conditions such as Chronic Fatigue Syndrome and Chiari Malformation (requiring decompression surgery) and has used these exercises and techniques in her own recovery.

Her education includes a Bachelors degree in Physiotherapy, a Post Graduate Certificate and a Masters in Sports Physiotherapy, a Nutrition qualification (currently completing) and a vast personal study of topics such as mindfulness, meditation and breathwork.