

Clinical Exercise Physiology: Case Study



In early November 2012, after various heart procedures, I was told that I am suffering from cardiomyopathy, and that I probably have a limited time to live.

Various kinds of assistance were recommended by my GP, Dr Penn. He suggested that I undergo physical exercise training under the supervision of an Exercise Physiologist, and so he set about finding one not too far from my home. Once he had located **Rory Scott, Exercise Physiologist at Inspire Fitness for Wellbeing**, he phoned him and reported back that he was impressed by his first contact.

When I went for my first session, Rory asked me what my main goal related to the exercises was.

I replied, "I want to live as long as possible, and I'll be very grateful if you can help me achieve this goal."

From the beginning, I was struck by how thorough Rory's questions were, by his **knowledgeable and caring approach**, as well as the good advice he gave me – not only in relation to physical exercise, but also regarding my diet, the timing of my meals, and other lifestyle issues.

At subsequent exercise sessions, **Rory gained my complete confidence** for his very obvious knowledge, for the way he explains issues relating to my heart condition, and for the care he takes to see that I do the exercises properly. He has a wonderfully positive manner and a great deal of patience, and always provides an excellent mix of encouragement and firm guidance. **I am convinced that the exercises, combined with Rory's support, have been a valuable addition to my medication.** He has helped to lift many of the fears I had regarding my chronic heart condition.

My GP told me recently that he too was very impressed with Rory for the quality of his written communications, and the feedback he receives from him regularly.

Although I was somewhat reticent at first, **I now look forward to my exercise sessions every week.**

I have already recommended Rory and Inspire Fitness for Wellbeing to my GP and my Cardiologist. I intend to encourage more people suffering from serious health problems to contact them.

I honestly believe that, as a result of Rory and Inspire's help, I am achieving my goal.

I'd be happy to answer questions any prospective Exercise Physiology client may have. Inspire & Rory have my authority to give my phone number or email address to anyone, including medical professionals, who may want to refer patients to them.

Des Cole

Retired Employee Relations Manager, Siemens Ltd.

Former Director, Kildonan Uniting Care

Justice of the Peace