

Exercise Physiology Services Table of Costs

Effective 1 August 2025

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Quick reference table – Common Item Numbers

Item number	Description (High level)	Insurer prior approval required	Fee – GST not included
300186	Initial Consultation – Work Specific Functional Exercise Program	No	\$223/hr (pro-rata)
300187	Subsequent Consultation - Work Specific Functional Exercise Program	Yes (see table below)	\$223/hr (pro-rata)
300401	Group Exercise Sessions	Yes (see table below)	\$56/person
300159	Activities of Daily Living Assessment	Yes (see table below)	\$223/hr (pro-rata)



You can click on the item numbers in the table to view details.

Item number / service	Description
300186 Initial Consultation – Work Specific Functional Exercise Program Insurer prior approval required No Fee – GST not included¹ \$223 per hour (charged pro-rata as a fraction of an hour)	Initial development and instruction of an exercise program focused on improving function of the work-related injury or condition, relevant to their work role. This service may only be charged once for development of an exercise program to meet the worker's work specific functional goals. Refer item number 300228 for Gym and Pool Entry Fees. Services to be conducted in accordance with the Clinical Framework for the Delivery of Health Services². Initial consultation may include: • subjective assessment • objective assessment • treatment/service • tailored goal setting and treatment planning • setting expectations of recovery and return to work • clinical recording • communication with the insurer of any relevant information for the worker's rehabilitation. The entire consultation must be one-on-one with the worker. Please note: A provider cannot bill for multiple initial consultations or multiple subsequent consultations for the same injured worker on the same day. Maximum one (1) hour.

[300187](#) Subsequent Consultation – Work Specific Functional Exercise Program

Insurer prior approval required	Yes
Fee – GST not included ¹	\$223 per hour (charged pro-rata as a fraction of an hour)

Prior approval is required before providing this service.

A one-on-one consultation with the worker for ongoing monitoring, review and progression of a work-specific functional exercise program as developed during initial consultation (300186). The focus must be on improving function of the work-related injury or condition relevant to the work role and include education and progression to self-management.

Any additional treatment required beyond the initial consultation (300186) will require the submission of a Provider Management Plan³ (PMP). The PMP should include a comprehensive treatment plan containing:

- expected functional gains
- transition of care to self-management
- treatment timeframes.

Services to be conducted in accordance with the Clinical Framework for the Delivery of Health Services².

Subsequent consultation may include:

- ongoing assessment (subjective and objective)
- intervention/treatment
- setting expectations of recovery and return to work
- clinical recording
- communication with the insurer of any relevant information for the worker's rehabilitation.

Please note: A provider cannot bill for multiple initial consultations or multiple subsequent consultations for the same injured worker on the same day.

Maximum 45 minutes per consultation.

[300401](#) Group Exercise Sessions

Insurer prior approval required	Yes
Fee – GST not included ¹	\$56 per person

Prior approval is required before providing this service.

A group session where a common exercise program is delivered to more than one individual at the same time. The group can consist of a maximum of eight (8) persons.

The group session must be attended, conducted, and supervised by an exercise physiologist.

[300159](#) Activities of Daily Living Assessment

Insurer prior approval required	At the request of the insurer
Fee – GST not included ¹	\$223 per hour (charged pro-rata as a fraction of an hour)

A series of standardised tests and measures to assess a worker's activities of daily living and mobility (**including Modified Barthel Index assessments for registered occupational therapy only**).

Service includes assessment and report, noting that WorkCover Queensland's template for Modified Barthel Index is to be used (for WorkCover claims).

1. Rates do not include GST. Check with the [Australian Taxation Office](#) or your tax advisor if GST is applicable.
2. WorkCover Queensland encourages the adoption of the nationally recognised [Clinical Framework for the Delivery of Health Services](#) when treating a worker with a work-related injury or condition.
3. A [Provider Management Plan](#) (PMP) template is available on the [Workers' Compensation Regulatory Services' website](#).

Who can provide exercise physiology services to workers?

All exercise physiology services performed must be provided by an Accredited Exercise Physiologist (AEP) accredited by [Exercise & Sports Science Australia](#) (ESSA).

Work Specific Functional Exercise Program (Item numbers 300186, 300187)

For an accepted claim, the insurer will pay the cost of an initial consultation, however not for an initial and subsequent consultation on the same day unless in exceptional circumstances, as approved by the insurer.

The exercise physiologist is required to submit a Provider Management Plan following the initial exercise program consultation to request approval for any subsequent consultations.

A provider cannot bill for multiple initial consultations or multiple subsequent consultations for the same claimant on the same day.

The objective of these services is to develop a work specific functional exercise program focused on improving function of the work-related injury or condition, relevant to their work role.

Work specific functional exercise programs developed by exercise physiologists must:

- be aimed at increasing the worker's capacity and orientated towards a return to suitable and sustainable employment. Insurers do not pay for gym/pool exercise programs that are only focused on improving a worker's general level of health and fitness
- be outcome-focused such that the exercise physiologist must be able to demonstrate that the worker has achieved an increase in work capacity and a decrease in requirement for ongoing clinical treatment
- be aimed at maximising function
- provide education and direction towards progression to self-management of the exercise program
- **These consultations must be individual one-on-one consultations between the exercise physiologist and the worker, and the exercise physiologist must be with the worker for the duration of the consultation.**

The insurer may request justification for ongoing use of 300187 from the requesting exercise physiologist and will consider seeking an independent opinion if more than 6 consultations (300187) are requested per episode of care.

Please note: Work Specific Functional Exercise subsequent consultations - **maximum 45 minutes per consultation (300187).**

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Group Exercise Sessions (Item number 300401)

The insurer will only pay for the attendance of workers' compensation claimants in a group exercise session.

Group exercise programs, maximum eight (8) persons per group. Where a common program is delivered to more than one individual at the same time.

The group must be attended, conducted, and supervised by an exercise physiologist.

The objective of any exercise rehabilitation or education program is to ensure that injured workers achieve the best practicable levels of physical recovery along with assisting the worker to understand their injury and the process of rehabilitation.

Exercise programs developed by exercise physiologist:

- be aimed at increasing the worker's capacity and orientated towards a return to suitable and sustainable employment. Insurers do not pay for gym/pool exercise programs that are only focused on improving a worker's general level of health and fitness
- be outcome-focused such that the exercise physiologist must be able to demonstrate that the worker has achieved an increase in work capacity and a decrease in requirement for ongoing clinical treatment
- be aimed at maximising function
- provide education and direction towards progression to self-management of the exercise program.

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Activities of Daily Living Assessment Services (Item number 300159)

Activities of Daily Living (ADLs) is a series of standardised tests used to measure a worker's activities of daily living and mobility, **excluding Modified Barthel Index assessments**.

Fee is charged at an hourly rate with the number of hours negotiated with the insurer prior to providing the service. This service includes the assessment and mandatory report. Generally, an assessment (including report) will take one (1) to two (2) hours. The practitioner must obtain prior approval from the insurer for assessments greater than two (2) hours.

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