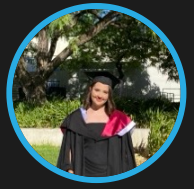




Marli Rabe

Exercise Physiologist — Women's Health Specialist



Rebate-Only EPC Sessions — July & August 2026

Refer your patient with an Enhanced Primary Care plan. No out-of-pocket cost for the July–August 2026 period.

LIMITED AVAILABILITY

ABOUT MARLI

Marli is an accredited Exercise Physiologist with a strong clinical focus on women's health. She is currently completing a **Masters by Research** investigating the barriers and facilitators to exercise participation for women with endometriosis — with the aim of integrating structured EP referrals into multidisciplinary management of the condition.

At Mobius, Marli works with NDIS clients and co-leads the **Active for Life** program, supporting older adults to build strength, mobility, balance, and confidence. She is passionate about creating safe, welcoming environments where women feel empowered through movement.

BSc Clinical Exercise Physiology

Masters by Research (in progress)

ONERO® Accredited Provider

ESSA Accredited EP

ENDOMETRIOSIS & WOMEN'S HEALTH

Exercise physiology plays a critical but underutilised role in managing endometriosis. Marli's research focuses specifically on making exercise sustainable for women with this condition.

- › Symptom management through structured exercise
- › Fatigue, pain sensitisation & flare management
- › Pelvic floor and core rehabilitation
- › Mental health and quality of life
- › Hormonal and metabolic health

OSTEOPOROSIS & BONE HEALTH

Marli is an accredited ONERO® provider — the only evidence-based exercise protocol clinically proven to improve bone density in women with osteoporosis and osteopenia.

- › Osteoporosis and osteopenia
- › Perimenopause and post-menopause
- › Falls prevention and balance
- › Functional strength and independence
- › Fracture risk reduction

ONERO® BONE PROGRAM — CLASSES STARTING JULY 2026

ONERO® is the gold-standard exercise program for osteoporosis, developed from the LIFTMOR randomised controlled trial (Journal of Bone and Mineral Research, 2018) by Professor Belinda Beck at Griffith University. It combines high-intensity resistance and impact training targeted specifically to bone, delivered under accredited EP supervision. Accredited by Exercise & Sports Science Australia (ESSA) and recognised by Osteoporosis Australia.

86%

of patients increased bone mass at the lumbar spine

69%

of patients increased bone mass at the hip

2x

per week, 45 min supervised sessions

HOW TO REFER

- 1 Issue an **Enhanced Primary Care (EPC) plan** for Exercise Physiology
- 2 Email the plan + patient contact details to admin@mobius.net.au
- 3 Marli contacts your patient within one business day — typically seen within a few days

Referral email
admin@mobius.net.au

Phone
0480 079 717