

## Media Release

### Guardian Exercise Rehabilitation moves to new era with senior leadership changes

Guardian Exercise Rehabilitation Chief Executive Officer [Damien Amsuss](#) has announced he will step down from his role in April 2022, with plans to move into an advisory role within the company's Strategic Leadership Group.

The move is accompanied by an expansion of the company's leadership team, with the appointments of [Daniel Meredith](#) as Chief Operations Officer and [Joanne Casey](#) as Head of External Relations in January this year.

These changes signal a dynamic new era for Guardian Exercise Rehabilitation - one focused on continued national growth and expansion of services, as well as diversification and the addition of new service offerings.

Guardian Exercise Rehabilitation Founder, [John McDonald](#), paid tribute to the contributions Damien has made to the company – stating that he is excited about the road ahead.

“Damien has been instrumental in the growth and success of Guardian Exercise Rehabilitation over the past 19 years. His passion and enthusiasm, as well as his clinical knowledge and expertise, have been central to our success and growth across Australia to date.

We have always been ambitious in pursuing our goals and our purpose. This move allows Damien to continue his involvement in the strategic aspects of our pursuit of those goals and allows us to embrace the insights and operational knowledge he has gained during his time with the company.

Guardian Exercise Rehabilitation is now 21 years old. We are facing a new era of the company as we mature, and we are excited about the opportunity to embrace the perspectives a new CEO will bring, working alongside our other new and existing leaders.

Damien makes this move with our full support, encouragement, and heartfelt thanks for his contributions over the past almost 20 years. He leaves large shoes to fill. I am excited to continue working alongside him as part of the Strategic Leadership Group.”

Recruitment for a new CEO will commence in March. Founder John McDonald will temporarily step into the CEO role in April during the recruitment process.

Damien joined Guardian Exercise Rehabilitation in 2002 as an Exercise Physiologist, going on to work his way through a series of increasingly senior roles over the ensuing years as the business grew and expanded nationally.

Daniel Meredith joined Guardian Exercise Rehabilitation in January 2022 as Chief Operations Officer. He is experienced in senior operational, risk and compliance roles within the insurance, mining, and transport sectors.



Joanne Casey joined Guardian Exercise Rehabilitation in January 2022 as Head of External Relations. She has more than 20 years' experience in B2B marketing, business development and communications roles within the professional services, industry associations and government sectors.

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**About Guardian Exercise Rehabilitation**

Guardian Exercise Rehabilitation's allied health clinicians provide prescription of therapeutic exercise-based programs for individuals afflicted with injury or illness, principally under a compensable-injury policy.

Guardian Exercise Rehabilitation was established in 2000 by Exercise Physiologist John McDonald, who had a vision of ensuring that structured physical activity was a key foundation of rehabilitation at the earliest time in the recovery journey for as many individuals as possible.

Over the years the company has evolved to become an industry leader in clinically-guided, best-practice rehabilitation interventions for people afflicted with injury or illness under a compensable-injury policy, principally across Workers' Compensation, Life Insurance/Income Protection and Motor Vehicle Accident (MVA) / Compulsory Third Party (CTP) schemes.

With an ever increasing national footprint, we currently employ over 70 Allied Health Clinicians across Australia and pride ourselves on delivering the utmost standard of care to all of our clients. Our vibrant team of professionals endeavour to make a difference to people's lives by empowering them through high-quality rehabilitation programs.