

ACCESSING PHYSIOTHERAPY SERVICES

We accept referrals from:

- GP referrals (preferred)
- Other health professionals
- Self - referral (we will ask for a health summary from your GP to assist with providing the best care)



FOR MORE INFORMATION

For further information or to
make an appointment please
phone the ADH Intake Officer on
5772 0908 or email
ADHIntake@adh.org.au



Alexandra District Health
12 Cooper Street
Alexandra
Vic 3714

Phone (03) 5772 0900
Fax (03) 5772 0919
www.alexandrahospital.org.au



Physiotherapy Services



WHAT IS PHYSIOTHERAPY

Physiotherapists help you recover from injury/ illness, reduce pain and stiffness, increase mobility and prevent further injury.

Physiotherapists also help you manage existing health conditions you may have and will design a treatment plan specific to you.

Physiotherapists often work within a team of health professionals, including your GP to get the best outcome.

PHYSIOTHERAPY AT ADH

At your initial consultation your physiotherapist will complete an assessment and together you will agree on a treatment plan.

Depending on your condition, this may consist of:

- A home exercise program or group based exercise
- One on one treatment session with a Physiotherapist or Allied Health Assistant
- A combination of therapeutic exercise and hands-on therapy as required.
- Provision of equipment such as walking aids, splints or crutches.

CONDITIONS TREATED

We can provide assessment and treatment for:

- Rehabilitation following injury, surgery or falls.
- Cardiorespiratory conditions such as heart attack, stents, open heart surgery, heart failure, COPD and asthma.
- Neurological conditions such as stroke, Parkinson's disease, Multiple sclerosis.
- People suffering from pain, fatigue and deconditioning as a result of cancer, prolonged illness or arthritis.
- Older people who are at risk of reduced mobility and falls.
- Conditions related to pregnancy such as incontinence and pelvic pain.



CURRENT PROGRAMS

Stall the fall

This is a small exercise group designed to run for 8 weeks to address decreased balance and strength. It aims to reduce the risk of falls.

GLA:D

Group exercise and education for Hip and Knee osteoarthritis that runs for 6 weeks.

Cardiac and Pulmonary Rehabilitation

Group based exercise and education sessions around how to decrease your risk and increase your health following a cardiac event or lung condition.

Gentle Exercise Group

A mostly seated exercise group that uses light weights and resistance bands to keep people fit, great for any level of ability.

Lungs In Action

A maintenance exercise group for those with long term breathing problems relating to the lungs.

Depending on demand and staff availability other groups such as **Pre and Post-natal exercise, Strength and Conditioning groups, Pain management education sessions**, can be provided.