

What to Expect

Our physiotherapists will conduct an initial assessment to determine the best course of action. Treatment may then consist of active exercise prescription, walking programs and manual therapies such as massage, stretching or assisted range of movement.

The therapist will also provide relevant advice which may include information about appropriate aids and equipment that will be advantageous for walking or completing daily tasks more easily.

Our physiotherapists will happily answer any questions and encourage independent practice (where applicable) in order to maximise the potential for gains.

Funding Options

Private Physiotherapy treatments may be funded by residents, families or DVA (gold card holders with a low-level of care classification only).

Private Health Insurance rebates available.

Service	Fees	Description
Initial	\$70.00	Assessment and first treatment
Standard	\$60.00	Subsequent treatment

Contact Us

For more information on our service please visit our website
www.healthcare2you.com.au
or contact **Healthcare 2 You** on 1300 882 374

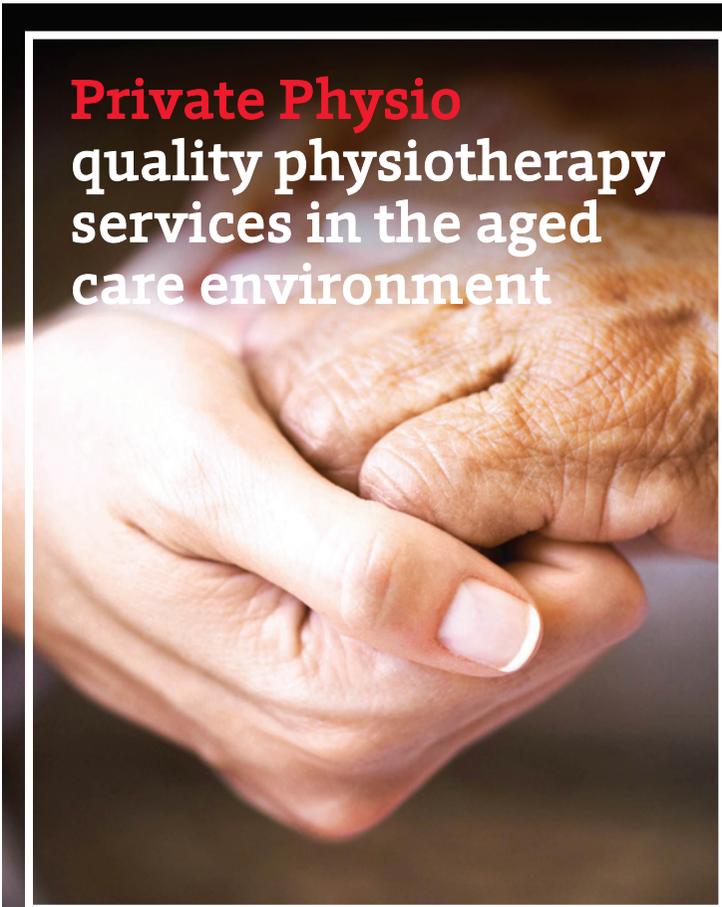


Providing Integrated Healthcare Solutions



Private Physiotherapy

Phone 1300 882 374

A close-up photograph of two hands clasped together, one appearing to be an older person's hand with wrinkled skin, and the other a younger person's hand. The background is dark and out of focus.

Private Physio
quality physiotherapy
services in the aged
care environment



Our **Healthcare 2 You** physiotherapists are fully qualified, highly trained professionals who are especially passionate about the care of our elderly.

Our friendly and vibrant physio team are committed to helping residents remain active and achieve their goals, whilst providing a fun and safe treatment environment.

Benefits of Physiotherapy

- Improves strength, endurance, confidence, flexibility, posture and walking
- Promotes independence with day-to-day activities
- Assists with muscle aches and pains
- Trains balance reactions and reduces a fear of falling
- Augments fitness and breathing
- Enhances quality of life

Treatment

We offer individually tailored physiotherapy solutions to suit each person's needs. Treatment is provided with the individual's goals in mind and progressed accordingly.

Our physiotherapists can assist with:

- Nerve, muscle, joint and bone problems
- Musculoskeletal pain such as arthritis
- Breathing conditions including asthma, pneumonia, emphysema and chronic bronchitis
- Pre- and post-surgery or fractures
- Coordination and balance difficulties
- Postural defects
- Neurological conditions such as stroke, Parkinson's disease, spinal cord injuries and multiple sclerosis



Services

Rehabilitation

We can assist residents to get back on their feet after coming home from a hospital stay, for rehabilitation or simply for loss of strength after ill health.

On-Going Therapy

Our on-going therapy suits those who want to restore and maintain health and fitness. We will visit regularly to implement a tailored physiotherapy plan, to monitor progress and keep motivation high.

Bed/Chair-Based

Healthcare 2 You provides physiotherapy treatment for people who are immobile to help with reducing pain and stiffness in the muscles and joints. Early intervention can help to prevent further problems such as contractures, loss of movement and skin breakdown.