



Physiotherapy

Physiotherapists at Merri Community Health Services assist people with movement and mobility difficulties, injuries, and/or pain conditions that may occur at any stage of life.

The physiotherapy team is available to assist clients through:

- Health education and promotion
- Assessment and treatment
- Groups and individual exercises.

Health Education and Health Promotion

The physiotherapy team work in partnership with other programs at Merri Community Health Services (MCHS) to offer a number of activities including the:

- Falls Prevention Program is for people with poor balance and decreased confidence in mobility. It aims to prevent falls in people who have had falls or are at risk of falling and consists of supervised exercise as well as education sessions
- Living Well Program is designed to provide support and lifestyle coaching to individuals in the early stages of, or newly diagnosed with, a chronic health condition such as heart disease, diabetes or arthritis
- “Life! Taking Action on Diabetes” is a diabetes prevention program for people at high risk of developing diabetes.

Assessment and Treatment

Individual assessment and treatment (on a short-term basis only) is provided to assist people with:

- Back and neck pain
- Muscle and joint sprains and strains
- Rehabilitation following surgery such as hip or knee repairs and/or replacements
- Fractures or dislocations
- Mobility problems including the use of equipment to assist with walking
- Chest conditions
- Incontinence (particularly for women following childbirth or later in life)
- Balance problems.

Our physiotherapists can also provide advice on early childhood conditions and developmental delay.

Group or Individual Exercises

Exercise plays a large part in self-managing chronic conditions. Physiotherapists can assess your needs and prescribe various home exercise programs.

Group exercise programs available include:

- Hydrotherapy – water based exercise
- Stretch and Strengthening classes
- Gentle gym classes and others specific on weight loss or rehabilitation
- Tai Chi for Health
- Chair-based exercise.

Who can use these services?

- Referrals for physiotherapy services can be made by individuals (self-referral), carers, health professionals including doctors and other service providers
- Nursing home and hostel residents and those covered by a compensable claim (e.g. TAC / WorkCover) are not eligible for community health services
- Clients with certain conditions may also be referred on to other agencies
- A Medicare funded service (MBS) is also available for clients with complex needs, who have a referral and care plan from their doctor.

How much does it cost?

- Session fees are \$12.50 per session, \$8 per session for Health Care Card and Pension Card holders
- Medicare funded services are bulk-billed (these services require a referral from your doctor).

Services are available at:

- 11 Glenlyon Road, Brunswick
- 93 Bell Street, Coburg
- 79 Jukes Road, Fawkner
- 5D Cromwell Street, Glenroy
- Medicare funded services are available at Glenroy

For further information and appointments:

- Phone Service Access on (03) 9388 9933