



Physiotherapy

Physiotherapists assist people with movement disorders, injuries, and / or pain conditions that may occur at any stage of life.

Australian Physiotherapy Association wrote:

Movement plays an important role in people's lives; so Move Well and Stay Well.

And we are here to assist you to achieve this goal through:

- Health education and promotion
- Assessment and treatments
- Groups and individual exercises

Health Education and Health Promotion

We work in partnership with a number of other services at Merri Community Health Services to offer a number of activities including:

- Falls Prevention Program with Occupational Therapists (OT)

A service for people with poor balance and decreased confidence in mobility. Aims to prevent falls in people who have had falls or are at risk of falling. This group consists of supervised exercise as well as education sessions on reducing risk of falls.

- Living Well Program (formerly known as 'Early Intervention in Chronic Diseases')

Physiotherapists are part of the Living Well team assisting in care coordination and lifestyle coaching for clients diagnosed with a chronic disease.

- Life! Program – a Diabetes prevention program

A program for people at high risk of developing diabetes. Contact us for a diabetes risk assessment.

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 and / or need for walking aids
 - Chest conditions
 - Incontinence (particularly for women following childbirth or later in life)
 - Balance problems

Group or Individual Exercises

Exercise plays a large part in self-managing your condition. Physiotherapists could assess your need and prescribe various home exercise programs. Group exercises include:

- Hydrotherapy
- Stretch and Strengthening classes

- Gentle gym classes and others specific on weight loss or rehabilitation
- Tai Chi for Health
- Chair-based exercise

Eligibility

Physiotherapy services are open to people of all ages. Certain conditions may be referred on to other agencies included:

People that are not residents of the City of Moreland will be referred to their local community health centers.

People that are covered by compensable claims may be referred on to private practitioners.

People with complex orthopaedic conditions, or newly diagnosed neurological conditions; or children with motor development disorders will be referred on to community rehabilitation or children specialist services.

Fees

\$12.50 per session

\$8 concession for Health Care Card or Pension Card holder