



ALLIED HEALTH PHYSIOTHERAPY

The physiotherapist at Interchange Outer East (IOE) can work with NDIS, Medicare and private paying clients of all ages to treat and manage a wide variety of conditions. These conditions can include pain, neurological, musculoskeletal and mental health. Physiotherapy sessions can take place in the convenience of your home (travel cost will be applied) or at our therapy room in Boronia.

What physiotherapy can help you with at IOE:

- Pain management for chronic conditions such as Fibromyalgia, OA
- Improve muscular strength through exercise to assist activities of daily living
- Improve balance through exercises
- Improve functional ability
- Improve endurance for everyday activities such as walking to the shops
- Improve mobility and walking patterns
- Falls prevention
- Provide personalised home exercise programs
- Provide advice on the management of specific conditions such as MS, Parkinsons, OA
- Recommendations for equipment and mobility aids including wheelchairs and walking aids and provide relevant reports to the NDIS
- Hydrotherapy
- NDIS reports, e.g. review reports, equipment recommendation reports
- Physiotherapy within the NDIS can improve a person's overall quality of life by helping participants become more independent and improve their ability to perform activities of daily living

What will happen at the initial physiotherapy assessment?

During the first appointment with the physiotherapist, lots of questions will be asked regarding your current condition and functional ability - past and present. The physiotherapist will ask you to complete a variety of exercise and outcome measures to establish a baseline and to determine your goals for ongoing physiotherapy sessions.

Ongoing physiotherapy sessions generally run for 60mins with hydrotherapy sessions running for 30min. However, this is determined based on the individual's needs and goals.

BOOKINGS & REFERRALS:

www.bit.ly/IOE-Physio

CONTACT & ENQUIRIES

9758 5522 or alliedhealth@ioe.org.au

