

Physiotherapy helps people maintain or regain as much movement, strength, fitness and independence as possible. It helps to reduce pain and avoid future injuries.

Education and self-management are the cornerstones of physiotherapy practice at **each**.

Treatment usually involves an exercise and self-management plan. Other treatment techniques used are:

- joint mobilisation
- massage and soft tissue mobilisation
- prescription of walking aids, splints or other devices
- electrotherapy and heat or ice.

A range of group programs is also available.

People need to book to be part of these programs and there is usually a charge.

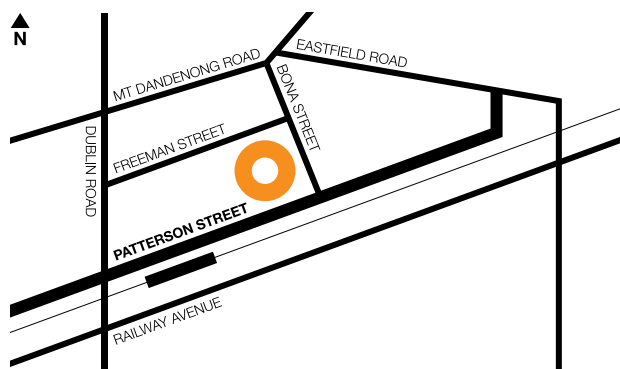
parking

Limited parking is available at the back of Maroondah Social and Community Health Centre via Freeman Street. Street parking is available in the surrounding streets but it is limited to two hours.

The Patterson Street entrance has a circular driveway for drop off and pick up. Parking bays for the disabled are also available and are located adjacent to the main entrance.

each allied health services

75 patterson street
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This service is supported by financial assistance from the Australian and Victorian Governments.

each
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each physiotherapy



the first appointment

People attending for their first appointment will have an assessment of their condition, be provided with education and advice on the management of their problem, and treatment.

further sessions

A limited number of further sessions will be offered as appropriate, usually on a weekly basis.

Because of demand, it is not possible to offer unlimited physiotherapy.

Home visits are available for eligible people.

students

Some people may be treated by final year physiotherapy students under the supervision of a qualified physiotherapist. People have the right to refuse treatment by a student and should discuss this with the physiotherapist.

what to bring to an appointment

The following items should be brought to the first appointment if available:

- a doctor's referral or health professional's letter
A doctor's referral is not required but is helpful for the physiotherapist when assessing problems.
- a written list of current medications
- x-rays, ultrasounds or CT scans.

group programs

Group activities such as:

- Water Exercise
- Joint Activities
- Breathe Easies
- Relaxation
- Gentle Exercises
- Tai Chi
- Walk and Talk
- Strength Training

cancellations

Please call 9837 3999 to advise reception if you need to cancel your appointment.

If we are given 24 hours notice, someone else has the chance to see the physiotherapist, and another appointment time can be organised.

eligibility

Priority is always given to people who are most in need and experiencing disadvantage.

People can refer themselves or be referred by family, friends, carers, GPs, hospital or other health professionals.

Contact the Intake Worker on **9837 3999** for information about eligibility or to make a referral.

fees

Fees are based on income level and ability to pay. Currently, the fees are:

- \$8.00 for Health Care Card/Pension Card holders or people on low incomes
- \$12.00 for people on medium level incomes.

Fees are charged in line with the Department of Human Services recommendations.

People experiencing difficulty with the fee payment are encouraged to discuss this with the treating physiotherapist.

Group activities also incur fees.