

ST LUKE'S HOSPITAL



*A smooth recovery
through rehabilitation*



Rehabilitation. The key to faster recovery

At St Luke's Rehabilitation Unit, we specialise in programs to restore and enhance your quality of life after injury or illness. Our aim is to help patients regain function and independence following injuries and major surgery, as well as those with debilitating conditions.

Our rehabilitation ward is modern and spacious with fully refurbished patient rooms, most with private ensuites. There's also a gymnasium and large ozone-treated hydrotherapy pool for treatments.

St Luke's purpose-built facilities are directed by qualified rehabilitation physicians and supported by a specialist team of allied health professionals and experienced nursing staff. We deliver programs in post-orthopaedic and post-spinal surgery and also assist patients with musculoskeletal conditions and rehabilitation following sports injury, trauma and work injury.

Inpatients and day patients welcome

As an inpatient, you will be accommodated in our rehabilitation ward with its own gymnasium and hydrotherapy pool. You'll enjoy our accommodation with its high level of amenity and comfort.

If you are coming to St Luke's on our day program, you will receive intensive rehabilitation therapy and have the use of a separate gymnasium and access to our hydrotherapy pool.

We offer a tailored program of physiotherapy, hydrotherapy, occupational therapy and social work services under the direction of an accredited Specialist in Rehabilitation Medicine. Other health professionals including a psychologist, speech pathologist and dietician also join the team as needed. The core allied health team are employees of the Hospital which ensures their exclusive availability. Our programs are designed to meet the high standards set by The Australian Faculty of Rehabilitation Medicine of the Royal Australasian College of Physicians.



The benefits of hydrotherapy

Hydrotherapy is a form of physiotherapy treatment that uses warm water to assist and resist body movements, relax and strengthen muscles and help decrease pain. St Luke's large heated ozone-treated hydrotherapy pool is an integral part of our rehabilitation program. Our specialists use the pool in conjunction with other rehabilitation techniques, and design a personalised program of exercises for you to help improve muscle power, movement range, balance, co-ordination, endurance and confidence in movement.



The pool is heated to a soothing temperature and its warmth and buoyancy make hydrotherapy especially suitable for those recovering from surgery or accidents and for sufferers of arthritis and other conditions that limit movement. For people with severe limitations in their movement, whatever the reason, a heated pool is often the only place where independent movement can take place. The physiotherapist always joins the patient in the pool to guide and assist with movement. There's a hoist to assist those unable to use steps to enter or leave the pool.

The pool is filtered and purified by an ozone system. In addition to its highly effective anti-microbial properties, ozone purification is ideal for people sensitive to the usual chlorine chemicals. It's an indoor pool with large walls of windows looking out to trees. The light and space around our pool area makes it a very pleasant environment conducive to recovery.

Joining a Program

You will be referred to one of our accredited Rehabilitation Specialists. You will need a referral from your doctor if you are not already under the care of a Rehabilitation Specialist. This can be your GP or another doctor currently managing your care.

Our Rehabilitation Specialist will discuss the therapies and duration of a program which will be of most benefit to you. For day patients, they will also advise on the frequency of treatments.

Inpatients are assessed upon admission to determine which activities they need assistance with such as dressing, showering, feeding and mobility. At the completion of the program, and before a patient is discharged, various options are discussed with the social worker. A home visit and assessment may also be carried out by an occupational therapist who advises on home modification and any equipment required.

Program Costs

Major health funds and third-party insurers recognise St Luke's Hospital Rehabilitation Service for reimbursement at their Rehabilitation Benefits rates if a patient meets their eligibility criteria.

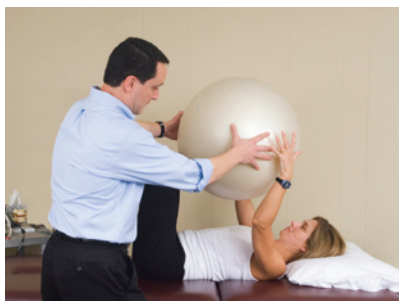
We strongly recommend and prefer that you contact your health fund or insurer to determine your eligibility and level of cover.

Location Parking and Transport

St Luke's is centrally located with easy access to the city and suburbs.

Due to the limited space available, parking in the grounds is only available for one hour or less, but there are ample public car parks nearby. The area is also well served by public transport.

At St Luke's Rehabilitation Services, we look forward to contributing to our patients' speedy recovery and would welcome your questions. If we can assist with admission to one of our programs, please feel free to call us.



St Luke's Hospital

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For more information visit our website at:

www.slc.org.au

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