



ST LUKE'S CARE

— PHYSIOTHERAPY —

Inpatient Rehabilitation
Half-Day Rehabilitation Program
Private Physiotherapy | Private Hydrotherapy
Mobile Physiotherapy and Exercise Physiology

OUR COMMITMENT TO CARE

With an unwavering commitment to the health and wellbeing of the community, St Luke's Care is a non-denominational, not-for-profit organisation that has delivered excellence in health and aged care since 1919.

Driven by quality and a genuine concern for the wellbeing of our patients, residents and clients, we provide quality care with a personal touch.

St Luke's Care practices the model of person-centred care, which, when possible, prioritises the individual and their wishes before anything else. We acknowledge the whole person and their individual identity, not just their physical care alone.

The St Luke's Care difference comes from our staff who are renowned for their professional care, warmth, enthusiasm and patience.

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WHICH PHYSIOTHERAPY SERVICE IS RIGHT FOR ME?

DO YOU REQUIRE OVERNIGHT CARE?

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When it comes to regaining your independence or improving your health, you can experience the comprehensive and personalised service St Luke's Care is renowned for. Our specialised rehabilitation and physiotherapy treatments are delivered through a variety of modalities.

MANUAL THERAPY

- Massage
- Manipulation
- Joint Mobilisation

EXERCISE THERAPY

- Gym Session
- Hydrotherapy
- Tailored Home Programs

INFLAMMATION + PAIN RELIEF THERAPY

- Dry Needling
- Cryotherapy
- Soft Tissue Massage

EDUCATION

- Pre-Habilitation
- Injury Prevention and Management
- Postural Correction
- Safe Transfer Practice

STRENGTHENING

- Falls Prevention and Balance Training
- Mobility and Independence Management
- Individualised Programs



To join our inpatient rehabilitation program,
please discuss a referral with your treating specialist or GP

For further information please call (02) 9356 0200

INPATIENT REHABILITATION

A smooth recovery through rehabilitation | St Luke's Care Private Hospital rehabilitation ward specialises in recovery care and helps patients through rehabilitation following injuries or major surgery.

Your recovery will be directed by a rehabilitation physician, supported by experienced nursing staff and a team of dedicated allied health professionals including physiotherapists, social workers, occupational therapists and other health professionals as required.

We specialise in -

-  **Post-Orthopaedic Surgery**
-  **Post-Spinal Surgery**
-  **General Deconditioning**

Your daily treatments will have you attending physiotherapy and/or hydrotherapy sessions in our purpose-built gymnasium and large indoor hydrotherapy pool. Our hydrotherapy sessions are unique in that we keep sessions small, personalised and always have a physiotherapist in the water with you.

Your stay will be accommodated in our rehabilitation ward where you will be catered for by our onsite executive chef. Visitors are always welcome and free Wi-Fi is available.

PROGRAM COSTS

Recognised by most health funds and classified under the rehabilitation services category of your hospital cover.
Contact your health fund to determine your level of cover.

Third Party insurers and DVA are also welcome with prior approval.



To join our half-day rehabilitation program,
please discuss a referral with your treating specialist or GP



For further information please call (02) 9356 0495

HALF-DAY REHABILITATION

Regaining your independence | As part of this program, your personalised physiotherapy and hydrotherapy treatment plan is designed specifically for you by our physiotherapist team, who are led by a specialist rehabilitation physician. You will attend the program twice a week as an outpatient.

Your care will be reviewed and assessed by the team, and treatment plans made accordingly.

We specialise in -

-  **Post-Orthopaedic Surgery**
-  **Post-Spinal Surgery**
-  **Musculoskeletal Conditions**
-  **Rehabilitation following injury or trauma**

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Your treatment team may also include nursing staff, occupational therapists, social workers, speech pathologist, and dietician where necessary. This program is highly sought after by individuals who have just been discharged from inpatient rehabilitation.

PROGRAM COSTS

Recognised by most health funds and classified under the rehabilitation services category of your hospital cover. Contact your health fund to determine your level of cover.

Third Party insurers & DVA are also welcome with prior approval. Treatments can be directly billed to the insurer or DVA once approval has been granted.

If your health fund does not cover you for the half-day rehabilitation program, you can attend through private physiotherapy.



Contact St Luke's Care Clinic to book an appointment or discuss how this service can meet your individual needs

For further information please call (02) 9356 0495

PRIVATE HYDROTHERAPY

Enhance your recovery | Hydrotherapy in our heated pool provides a supported environment that reduces pressure and weight through joints.

It also provides a medium for reducing muscle tightness, joint stiffness and swelling via hydrostatic pressure and a warm environment. You can also benefit from reduced pain, improved muscle strengthening, increased movement and improved walking ability.

After your initial land based assessment and if your physiotherapist feels that hydrotherapy will be your most beneficial course of treatment, you can attend a course of sessions in the pool.

You will be required to gain medical clearance from either your GP or treating physiotherapist.

You also have the option of joining one of our weekly hydrotherapy classes once you are comfortable and confident in the pool.

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SERVICE COSTS

Rebates for private hydrotherapy may be claimed if you are covered for physiotherapy under your private health 'extras' cover

HICAPS is available for immediate rebate claiming for eligible rebates

Payment options - Cash, Cheque, EFTPOS & Credit Card

Medicare rebates available for individuals on an Enhanced Primary Care Plan



Contact St Luke's Care Clinic to book an appointment or discuss how this service can meet your individual needs



For further information please call (02) 9356 0495

PRIVATE PHYSIOTHERAPY





Meet your lifestyle and fitness goals | Private physiotherapy is available to all individuals with no referrals required. Our dedicated and experienced staff will focus on your recovery whether it's short or long term.

We work through diagnosing and understanding the cause of your condition, and implement a treatment plan using various modalities such as manual therapy, strengthening programs, balance training and dry needling. Access to onsite orthopaedic surgeons is available, as well as rehabilitation physicians if necessary. Your program is tailored to you and your condition.

We specialise in -

-  **Musculoskeletal Conditions**
-  **Rehabilitation following injury or trauma**

We offer additional services in -

-  **Casting, splinting, boot and brace fitting**
-  **Postural Assessment**
-  **Remedial Massage**
-  **Dry Needling**

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As a private patient, you'll enjoy greater flexibility in appointment times and the freedom to start and stop treatment on your own accord.

SERVICE COSTS

Rebates for private physiotherapy may be claimed if you are covered for physiotherapy under your private health 'extras' cover

HICAPS is available for immediate rebate claiming for eligible rebates

Payment options - Cash, Cheque, EFTPOS & Credit Card

Medicare rebates available for individuals on an Enhanced Primary Care Plan



Contact St Luke's Home & Community Services to discuss
how we can meet your needs or to make a booking

St Luke's Home & Community Services (02) 9356 0305









MOBILE PHYSIOTHERAPY & EXERCISE PHYSIOLOGY

Optimise your strength, fitness, balance and wellbeing

We understand getting to an outpatient clinic can be challenging and your home may be the most convenient treatment or rehabilitation environment. St Luke's Care physiotherapists and exercise physiologists deliver specialist care for people at home, in the office, or living in an aged care facility.

Our experienced physiotherapists tailor programs to meet your needs and abilities, wherever it is most convenient and comfortable for you. We work with you and/or your family to assess your needs, develop relevant and realistic goals, and implement a program tailored to you.

We specialise in -

-  **Building strength to improve mobility & independence**
-  **Falls Prevention & Balance Programs**
-  **Parkinson's Exercise Programs**
-  **Rehabilitation after a fall or injury**
-  **Reconditioning Programs**
-  **Pain management including arthritis & joint pain**
-  **Aids & equipment fittings**
-  **Manual handling training for carers**

If you require additional services, we also have access to other allied health professionals, such as speech, massage and occupational therapists, who can also provide a unique mobile therapy service.

SERVICE COSTS

Invoiced on a monthly cycle

Rebates available if covered for extras with your health fund



For further enquiries

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