

# Outpatient Rehabilitation Programs

PROGRAM	DAYS	TIMES	LENGTH OF PROGRAM	ADMITTING DOCTOR
<b>Pulmonary Rehabilitation</b>	Monday & Thursday	<b>Group:</b> 9.30am–12.30pm Individual program daily	8 weeks	Dr C Steinfort
<b>Parkinson's</b>	Monday, Tuesday, Thursday & Friday	<b>Individual:</b> Mon, Tues, Thurs & Friday <b>Tuesday Group:</b> 9am–12.15pm <b>Friday Group:</b> 2.00pm–4.15pm	Individual	Dr A Mander
<b>Falls</b>	Monday & Wednesday	<b>Group:</b> 12.30pm–3pm	8 weeks	Dr V Makkada
<b>Pain Management (Fitness and Function)</b>	Wednesday & Friday	<b>Group:</b> 10.30am–12.30pm	8 weeks	Dr B Chandler
<b>Pain Management (Pacing Skills)</b>	Thursday	<b>Group:</b> 1.30pm–3.30pm	3 weeks	Dr B Chandler
<b>Ortho Day Program (includes hydrotherapy)</b>	Daily Monday & Thursday afternoon	Individual time slots Joint Replacement Group	Individual	Dr A Mander
<b>Neuro Day Program</b>	Daily	Individual time slots	Individual	Dr A Mander
<b>Reconditioning Program</b>	Monday & Thursday	<b>Group:</b> 2.00pm–4.00pm	8 weeks	Dr V Makkada
<b>Cognitive Program</b>	Tuesday & Friday afternoons Wednesday & Friday mornings Wed, Thurs, Friday	<b>Group:</b> 1pm–3.45pm <b>Group:</b> 9.30am–12.30pm Individual time slots	8 weeks	Dr A Mander
<b>Mindfulness Program</b>	Monday Tuesday	<b>Group:</b> 5.30pm–7.30pm 10am–12pm & 2pm–4pm	8 weeks	Dr A Mander
<b>MS Wellness Program</b>	Thursday	<b>Group:</b> 9.30am–12.30pm	8 weeks	Dr C Shaw

## Allied health services available

Physiotherapy, Exercise Physiology, Occupational Therapy, Speech Pathology, Registered Nurse, Psychology, Social Work, Dietician, Pharmacy.

## Medical referrals

A medical referral from your local GP is required for all Outpatient Rehabilitation Programs.

## Funding

Patients require Private Health insurance (Hospital Cover), DVA Gold Card holders, TAC and Workcover patients also covered. A health fund check is always conducted prior to commencement of the program.

## Transport options

Limited parking is available within the building. Assistance to arrange taxi transport may be available.