

# PHYSIOTHERAPY SERVICES



**Physiotherapy management focuses on improving your health and wellbeing with exercise, education, hands on therapy or prescription of devices and treatment aides.**

Physiotherapists help you to recover from an injury or surgery, reduce pain and stiffness, increase mobility and prevent further injury. They listen to your needs to tailor a treatment specific to your condition. As first contact practitioners, you generally don't need a doctor's referral\* to see a physiotherapist. Physiotherapists, doctors, and other health professionals, such as exercise physiologists, will often work as part of a team to plan and manage treatment for a specific condition.

## Services offered

We offer the following physiotherapy services:

- Back pain
- Balance assessment
- Core and strength
- Community visits
- Exercise groups
- Hydrotherapy
- Joint and spinal surgery
- Lymphoedema
- Musculoskeletal
- Neurological and vestibular
- Osteoarthritis programs (GLA:D™)
- Pre and post natal programs
- Respiratory assessment and airways clearance
- Sports injuries
- Women's health

*\*Please note, some services may require a medical referral.*

## Cost

Many of our programs and services are covered by private health insurance (extras cover). Contact your health fund for details of the benefit payable. Cabrini staff are eligible for staff discounts on services.

## Expert staff

Cabrini's physiotherapists are fully qualified and many are experts in their specialty area such as lymphoedema, women's health and osteoarthritis.



**Cabrini Cancer Exercise and Wellness Centre**  
Ground floor,  
183 Wattletree Rd, Malvern

**Cabrini Allied Health Centre**  
Level 1,  
183 Wattletree Rd, Malvern

**Cabrini Elsternwick**  
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