

# Rehabilitation and Physio

Rehabilitation with our physiotherapists can be for

- Diabetes
  - Osteoarthritis
  - Osteoporosis
  - Obesity
  - Stroke and other neurological illnesses such as Parkinson's disease or multiple sclerosis
  - Cancer, palliative care and lymphoedema
  - Musculoskeletal and sports injuries
  - Occupational health
  - Pain management
  - Sports injuries and prevention
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- We assess, diagnose, plan and manage the care of patients across a broad range of areas with musculoskeletal and neurological problems.
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- We help patients with chronic disease management, provide lifestyle modification and self-management advice, prescribe aids and appliances, prescribe and supervise exercises for both patients and carers, and provide health promotion education, occupational health assessments and injury prevention activities.
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- We can help treat a range of chronic conditions and we are trained to design individual programs for all our clients with a range of physical limitations and for people with chronic conditions.