

# General Reconditioning

Reconditioning is a process that aims to maximise your recovery and restoration of independence after illness or injury. This includes improving cardiovascular fitness, increasing endurance, improving general muscle strength and flexibility as well as improved self esteem and overall quality of life. Reconditioning is suitable for those who have been: Unwell, had any debilitating injury, have recently been bedridden, experienced reduced exercise capacity, limited in activities of daily living, or who are experiencing generalised weakness.



## What is the program?

After a consultation with our Rehabilitation Specialist, an individualised program including strength and cardiovascular training will be made to help you regain independence and resume daily activities.

- 2 - 3 sessions per week
- 1.5 - 3 hours per session (depending on health fund)
- Refreshments provided
- Individual assessment and goal setting

## You may have access to:

- Physiotherapy
- Occupational Therapy
- Exercise Physiology
- Social Work
- Dietetics
- Hydrotherapy

## How do you access the program?

- Referral from your GP or specialist

## Costs?

- Most costs are covered by your Private Health Hospital Cover as Day Rehabilitation (please contact us for more information as funds vary)
- Most costs covered with, DVA Gold Card, Work Cover or Third Party Insurance



*Get Well, Move Well, Enjoy Life!*

A stylized map of Sydney, Australia, with various suburbs marked by orange dots. The map is set against a light yellow background with a white silhouette of the city's coastline and major roads. The suburbs labeled are Minchinbury, Holroyd, Ashfield, Kirrawee, Longueville, Randwick, Manly, and Dee Why.

Minchinbury

Holroyd

Longueville

Ashfield

Randwick

Kirrawee

Dee Why

Manly



## Inner West

### **The Sydney Private Hospital**

9716 3700 | [SydneyPrivate@macrehab.com.au](mailto:SydneyPrivate@macrehab.com.au)

## South

### **President Private Hospital**

9542 2929 | [PresidentPrivate@macrehab.com.au](mailto:PresidentPrivate@macrehab.com.au)

## Northern Beaches

### **Manly Waters Private Hospital**

9977 9977 | [ManlyWaters@macrehab.com.au](mailto:ManlyWaters@macrehab.com.au)

### **Delmar Private Hospital**

8978 5287 | [Delmar@macrehab.com.au](mailto:Delmar@macrehab.com.au)

## Upper and Lower North Shore

### **Longueville Private Hospital**

9427 0844 | [Longueville@macrehab.com.au](mailto:Longueville@macrehab.com.au)

## East

### **Eastern Suburbs Private Hospital**

8383 7400 | [EasternSuburbs@macrehab.com.au](mailto:EasternSuburbs@macrehab.com.au)

## West

### **Holroyd Private**

9721 6800 | [Holroyd@macrehab.com.au](mailto:Holroyd@macrehab.com.au)

### **Minchinbury Community Hospital**

9625 2222 | [Minchinbury@macrehab.com.au](mailto:Minchinbury@macrehab.com.au)