

# Orthopaedic Rehabilitation

Whether you've suffered an injury or undergone a recent orthopaedic surgery, orthopaedic rehabilitation is an important part of your recovery. Most orthopaedic patients need assistance in healing and regaining strength and mobility after injury or surgery. The goal is to enable patients to resume daily activities and get back to work, fitness routines, or hobbies.

We offer specialised Orthopaedic rehabilitation programs following: Orthopaedic surgery (hip/ knee/ shoulder joint replacement), Spinal Surgery, recent injury or accident, back pain, limitations in mobility (arthritis) and acute phases of musculoskeletal disease.



## 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 map of Sydney, Australia, with several locations marked by red dots and labeled. The locations are Minchinbury, Holroyd, Ashfield, Kirrawee, Longueville, Randwick, Manly, and Dee Why. The map is set against a light blue background with a white outline of the city's coastline.

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)