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
Inner West
The Sydney Private Hospital
9716 3700 | SydneyPrivate@macrehab.com.au

Northern Beaches
Manly Waters Private Hospital
9977 9977 | ManlyWaters@macrehab.com.au
Delmar Private Hospital
8978 5287 | Delmar@macrehab.com.au

Upper and Lower North Shore
Longueville Private Hospital
9427 0844 | Longueville@macrehab.com.au

East
Eastern Suburbs Private Hospital
8383 7400 | EasternSuburbs@macrehab.com.au

South
President Private Hospital
9542 2929 | PresidentPrivate@macrehab.com.au

West
Holroyd Private
9721 6800 | Holroyd@macrehab.com.au
Minchinbury Community Hospital
9625 2222 | Minchinbury@macrehab.com.au

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