



An Australian Government Initiative

## Fees

Resthaven Therapy Services are funded by the Australian Government Department of Health and Ageing.

There is a recommended fee structure which acts as a guide for the fees charged.

Fees may be negotiated where the recommended fee is beyond an individual's financial capacity.

## Interpreter Services

Use of an appropriately qualified, accredited interpreter can be arranged with the Translating and Interpreting Service of the Department of Immigration and Citizenship, telephone 131 450.

## Resthaven Community Services

### Locations

#### Resthaven Northern Community Services

16 Gillingham Road, Elizabeth SA 5112  
Telephone (08) 8252 6811  
northern@resthaven.asn.au

#### Resthaven Marion Community Services

43 Finniss Street, Marion SA 5043  
Telephone (08) 8296 4042  
marion@resthaven.asn.au

#### Resthaven Paradise & Eastern Community Services

61 Silkes Road, Paradise SA 5075  
Telephone (08) 8337 4371  
pecs@resthaven.asn.au

For more information about the range of services offered by Resthaven, visit:

[www.resthaven.asn.au](http://www.resthaven.asn.au)



## Physiotherapy Services

### Information for Referrers



Resthaven  
Community Services

Phone: 1300 13 66 33



## Who is Eligible?

Physiotherapy is offered to clients who are over the age of 60, have age related conditions and could benefit from treatment. Such conditions may include:

- Osteoarthritis
- Rheumatological conditions
- Respiratory conditions
- Neurological conditions (CVA, PD, MND, MS, Post Polio etc)
- Pain, including referred
- Poorly healing wounds
- Mobility issues/ deconditioning / safety issues
- Gait disorders
- Falls / near misses / fear of falls
- CX, TX, or LX symptoms e.g. discogenic, crush fractures, nerve root impingement, spinal stenosis, degenerative joints.
- Post-operative rehabilitation

## Treatment may Include:

- Soft tissue techniques such as massage, myofascial release, accupressure
- Manual mobilisations (peripheral, facet/PIV joints)
- Traction (CX or LX)
- Muscle re-education e.g. proprioceptive
- Electrotherapy e.g. ultrasound, laser, interferential, magnetic fields, likon, TENS, biofeedback, heat, ice, wax bath
- Education re pathology and management (in partnership with the Occupational Therapist)
- Exercises - ROM, strength, endurance, stretch, balance, vestibular
- Relaxation techniques
- Splints, taping, bracing, equipment advice
- Respiratory management techniques
- Gait training
- Promotion of self management strategies

## Physiotherapy

Clients may attend for physiotherapy individually, with a carer or in a group where appropriate.

Appointment is made as soon as possible (there may be some waiting time).

When other needs are identified, such as continence, occupational therapy issues, podiatry, speech therapy, aquatic physiotherapy, clients can be cross-referred.

All services provided have a self-management focus.

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*Resthaven Therapy Services aim to improve the quality of life for older people by offering a range of rehabilitation, maintenance and support services.*

*Multi-disciplinary teams of health professionals provide treatment programs which are based on individual needs.*