Physiotherapy

Find out about how this program can help you

What is Physiotherapy?
The CCHS Physiotherapy service provides assessment, diagnosis and treatment through physical means to address disorders of movement and physical function. This may be as a result of acute or chronic injury or illness.

The service also includes a focus on prevention of health issues and self-management strategies. Services may be provided individually or in a group.

Physiotherapy is provided for a wide range of conditions – for example:

- Arthritic conditions
- Joint, bone and muscle conditions
- Mobility problems
- Following orthopaedic surgery/ fracture
- Painful conditions
- Respiratory conditions
- Sporting injuries

A treatment plan will be developed between you and your Physiotherapist to address your needs. It may involve individual treatment initially and/or referral into an exercise based group.

Physiotherapists may also recommend treatment of your condition using Hydrotherapy (water based treatment). Physiotherapists are involved in a wide range of health promotion activities.

Find out how you can access this program on the next page
Physiotherapy
Caulfield Community Health Service

What are the benefits of Physiotherapy?
- Muscle strengthening
- Improvement in joint and muscle flexibility
- Assistance with balance, co-ordination and mobility
- Improved pain management
- Improvement in general fitness
- Maximising physical function and wellbeing

Who can come?
People over the age of 18 years who live in the City of Glen Eira, City of Stonnington, City of Port Phillip or City of Bayside (North of South Rd).

If you have any questions, call the team

How can I access the service?
Referrals can be made by yourself, your doctor or health care professional by contacting Caulfield Access.
If you are 65 or over the referral needs to be made via My Aged Care. You can contact them by phone on 1800 200 422 or myagedcare.gov.au

Do fees apply?
At CCHS, fees apply to our services. Fees are set in line with government guidelines and are based on your income. When you call us, fees will be explained and discussed with you. If you are concerned about fee affordability, please let us know.

Further Information
Caulfield Community Health Service
alfredhealth.org.au/services/caulfield-community-health-service

Alfred Health
alfredhealth.org.au

If you would like to provide feedback or request a copy of this information in a different format, contact us at patient.inform@alfred.org.au