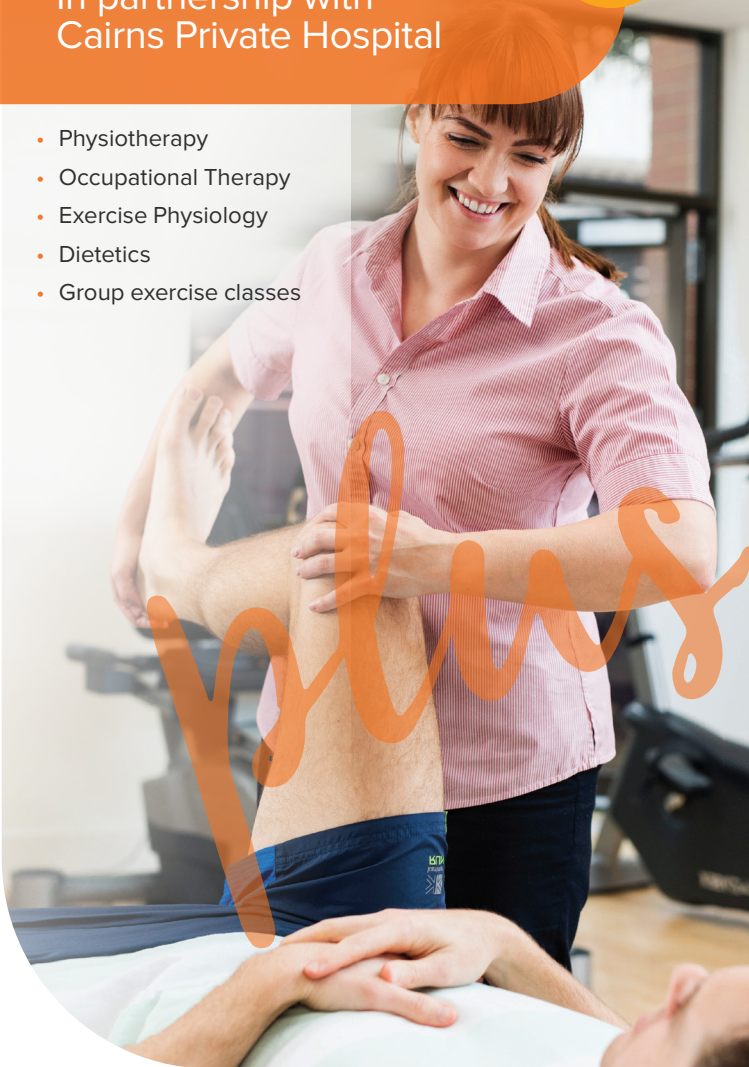


# Ramsay Health Plus

In partnership with  
Cairns Private Hospital



- Physiotherapy
- Occupational Therapy
- Exercise Physiology
- Dietetics
- Group exercise classes



Ramsay

**health** plus

[ramsayhealthplus.com.au](https://ramsayhealthplus.com.au)



## About Ramsay Health Plus

Our Allied Health team are passionate about providing individualised solutions and programs to prevent, treat and rehabilitate based on your specific needs. Whether recovering from injury or illness, or living with a disability or chronic condition, we can create an effective plan, both long and short term, just for you.

Our tailored programs aim to restore your level of health, function and fitness after surgery, illness, injury or simply to improve your overall wellbeing.

We can provide services in our clinic or gym setting or in the comfort of your own home.

# Some of the areas our experienced therapists can assist you with:

## **Physiotherapists**

- Pre and post operative rehabilitation
- Back and neck pain
- Sporting injuries
- Womens & mens pelvic health concerns
- Neurological conditions including Parkinson's Disease
- Persistent / Chronic Pain
- Work and motor vehicle accident injuries
- Falls prevention
- Manual therapy including joint mobilisation and massage
- Dry needling

## **Occupational Therapists**

- Education, advice and ergonomic workplace assessments
- Return to work programs
- Pain management and pacing
- Prescription, sourcing and organisation of installation of home modifications
- Lymphodema assessment and management

## **Exercise Physiologists**

- Tailored strengthening and injury prevention exercises
- Balance and coordination training
- Return to sport / activity plans

## **Social work services**

- Coordinating and assisting complex discharge planning
- Assisting with navigation of the aged care service sector
- Information and research for accessing of private services

## **Dietitian**

- Nutrition support / dietary advice and recommendations for a range of acute and chronic health conditions including:
  - Diabetes, gut disturbances, food allergies / intolerances
- Weight management pre and post bariatric surgery

## **NDIS**

- Functional Capacity Assessments (FCA)
- Supported Independent Living (SIL) Assessments
- Assisted Technology (AT) Assessments

## **Group Classes**

In addition to one on one sessions here at Ramsay Health Plus we also offer a wide range of dynamic group programs including:

- General reconditioning
- Parkinson's Disease rehabilitation
- ACL rehabilitation
- Oncology rehabilitation
- Cardiac rehabilitation
- Pain Management
- Hydrotherapy
- Yoga – one on one & small group



## Why Choose Ramsay Health Plus?

- Through our collaboration with Cairns Private Hospital, we effectively communicate and closely collaborate with your medical or surgical team to ensure you receive the best possible and efficient treatment
- As we work as a multidisciplinary team, this allows for better communication and collaboration amongst your health care team
- We have highly trained staff with a variety of clinical rehabilitation experience, including treating patients with complex problems
- Brand new facilities and equipment including our unique overhead tracking hoist

## Patients With Complex Needs

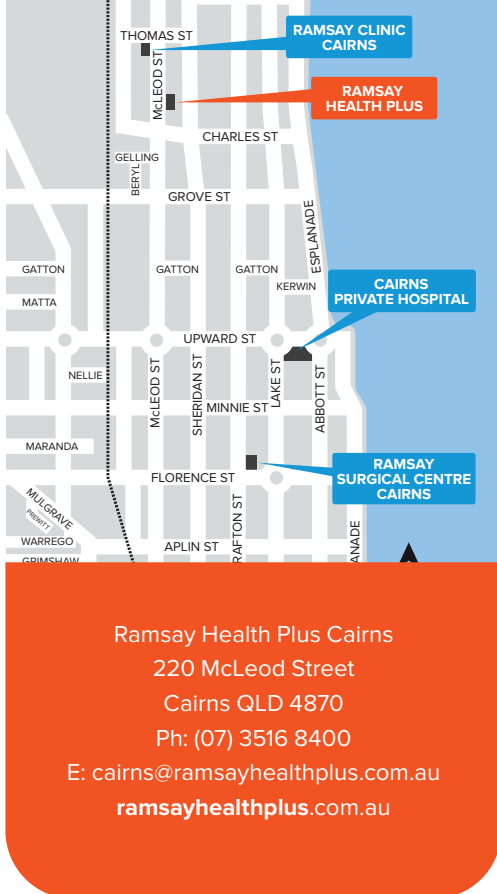
At Ramsay Health Plus, we are able to draw on the skills of our experienced multidisciplinary team to provide a collaborative, goal-oriented approach to manage complex conditions.

## Referrals

No referral is required, but any correspondence from your doctor/specialist and copies of any investigations are appreciated.

Claimable through private health insurance via HICAPS.

We also accept WorkCover Queensland, DVA, Chronic Disease Management Plans and NDIS.



**Appointment Date:** \_\_\_\_\_

**Therapist:** \_\_\_\_\_

