



**Lawrence Hargrave
Private Hospital**

Part of Ramsay Health Care

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Day Rehabilitation Program

RHC1021 LHPH Day Program DL 0518



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Day Program Rehabilitation

The Day Rehabilitation Program has been developed to enable patients to receive rehabilitation on a day basis whilst living in their usual accommodation.

It is a comprehensive, goal directed, multidisciplinary program coordinated by the Allied Health staff under the direction of a Rehabilitation Physician, with the aim of restoring confidence, independence and mobility.

Referrals to the Day Program are accepted from a treating general practitioner, specialist or rehabilitation physician. Inpatients of Lawrence Hargrave Private Hospital can be referred by their treating team.

All referrals are individually assessed and a customised treatment plan developed for each patient.

Rehabilitation is usually covered by the majority of health funds, Workers Compensation and Department of Veteran Affairs. We recommend you contact your private health insurer to check your level of coverage prior to participating in our rehabilitation program. Self-funded options are also available.

Lawrence Hargrave Private Hospital provides a range of facilities:

- Hydrotherapy pool
- Large, well equipped gymnasium
- ADL retraining area
- Treatment areas

Programs

Lawrence Hargrave offers a number of Day Rehabilitation Programs. New patients are accepted to day programs as needed, ensuring a short wait time to commence therapy.

Day Rehabilitation Programs include:

- Orthopaedic
- Neurological / Complex
- Reconditioning
- Pain Management

The range of treatment and care services will be kept under constant review to ensure that it remains appropriate for the needs of the patient. The duration of the program is based on the physical, cognitive and psychosocial recovery of the patient.

On admission, new referrals to the Day program are given a tour of the facility and orientated to their environment. At this time, the patient is introduced to the therapists who will be involved in the delivery of their care.

What to bring to hospital

When participating in the day program, patients are requested to bring:

- Medications the patient takes, or may need to take
- Hat to wear outdoors
- Comfortable, loose fitting clothes
- Swimming costume, if undertaking hydrotherapy
- Supportive walking shoes
- Any walking aids that may be required
- Hearing aid and glasses if needed

Morning tea and lunch will be provided if required. Please let the coordinator know of any special dietary requirements.

Hydrotherapy

The buoyancy of the water provides support, enabling exercises to be performed much more easily in water than on land. Our physiotherapists utilise these properties to facilitate the patient's rehabilitation and recovery.

There are many benefits of hydrotherapy including:

- Pain relief, relaxation, general health and wellbeing
- Muscle strengthening, increased joint flexibility and improved circulation
- Gait retraining, balance and improved fitness

Please ensure you shower at home with soap, but do not apply body lotion prior to hydrotherapy. Change rooms and shower facilities are available adjacent to the pool.

Patients attending hydrotherapy are to have hydrotherapy medical clearance. Please inform your physiotherapist if you are feeling unwell, dizzy or nauseous, feeling short of breath or experiencing chest pain.