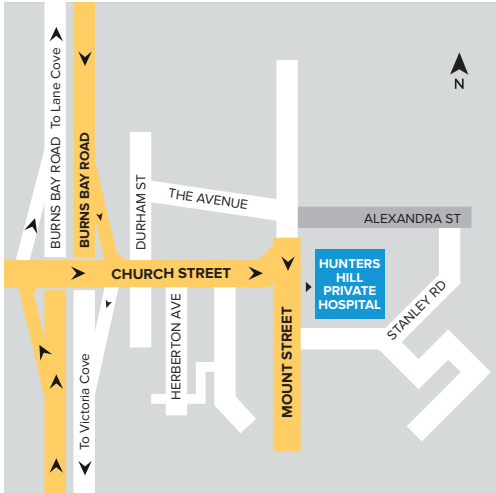


Day Program Co-ordinator

Phone: (02) 8876 9447

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**Hunters Hill
Private Hospital**

Part of Ramsay Health Care

9 Mount Street

HUNTERS HILL NSW 2011

Phone: (02) 8876 9300

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Day Rehabilitation Program



Rehabilitation**Care**



**Hunters Hill
Private Hospital**

Part of Ramsay Health Care

Day Program Rehabilitation

The Day Rehabilitation Program enables 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 improving function, independence and mobility

All referrals are individually assessed and a customised treatment plan developed for each patient. Regular reviews are conducted throughout the program to ensure optimal care.

Rehabilitation is covered by the majority of health funds, Worker's Compensation, Third Party and Department of Veteran Affairs. We would be happy to assist you in checking with your health fund if you have any questions. Self-funded options are also available.

Programs

Hunters Hill Private offers a number of Day Rehabilitation Programs including:

- Orthopaedic
- Reconditioning
- Pain Management
- Parkinson's Program
- Osteoarthritis Management Program (OAMP)
- Cancer Rehabilitation (ACTIVATE)
- Cardiac Rehabilitation

What To Bring

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

- Medications that need to be taken
- Comfortable clothes and shoes to exercise in
- Swimming costume if you are attending Hydrotherapy
- Hearing aids and glasses if needed
- Walking aids currently being used

Sandwiches and light snacks are provided for all patients during break times. Please notify the team if you have any special dietary requirements.



Hydrotherapy

There are many benefits of hydrotherapy.

- The warmth of the water allows your muscles to relax and eases the pain in your joints, helping you to exercise
- The water supports your weight, reducing the forces in your body and increases your capacity to move freely.
- The water provides resistance for all movements, helping you to strengthen your muscles.

Change rooms and showering facilities are available. Towels and bathrobes are also provided.

How To Get Started

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

Contact Us

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