



Physiotherapy

Physiotherapists help people of all ages manage a variety of health conditions.

They use a client-centred approach and will encourage you to take part in your own recovery and care.

What can physiotherapy help with?

- Muscle, tendon and ligament injuries
- Rehabilitation before and after surgery
- Chronic pain
- Neurological conditions such as stroke, brain injury and spinal cord injuries
- Continence issues and women's health
- Balance and falls
- Breathing problems
- Help with getting around your home & community.



How can I see a physiotherapist?

The doctor might refer you to see the physiotherapist if they think you could benefit from self-management techniques to help your recovery and care. Access to physiotherapy services is free if you have been referred after having your health check at your local IUIH clinic.

If you think you could benefit from seeing the physiotherapist talk to the doctor or clinic nurse.

What will happen when I see a physiotherapist?

The physiotherapist will talk with you about your symptoms. They might do some simple flexibility and strength tests with you so they can design a treatment plan for you.

A physiotherapy session might include:

- designing an individual exercise program for you
- giving you tips to self-manage any health conditions that you have
- provide muscle or joint mobilisation with movement
- breathing exercises
- bladder training and pelvic floor exercises
- assistance with mobility aids
- water exercises (hydrotherapy).

Your local clinic:



For more information visit www.iuih.org.au