

the
Mater



Rehabilitation

*Continuing your care
at the Mater
Day Therapy Centre*

the Mater

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WHY THE MATER DAY THERAPY CENTRE?

We provide a new rehabilitation option to assist your recovery following joint replacement surgery at the Mater. One of the key benefits of the Centre is that it is an outpatient program allowing you to return to the comfort of your home, while participating in a comprehensive, individualised rehabilitation program with staff from the Mater.

- We provide personalised, friendly care.
- The team is focused on working with you to achieve your short and long term goals.
- We have direct access to your in-hospital medical history if needed
- We have the support of your surgeon and can readily access his advice.

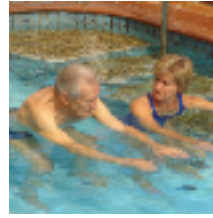
OUR TEAM OF SPECIALISTS

Our multi-disciplinary team aims to help you regain independence and resume your day-to-day tasks.

- A Rehabilitation Physician will review and overview your progress.
- The Orthopaedic Nurse Co-ordinator provides advice on pain management, wound care, and discussion on how to cope with daily activities.
- Mater Physiotherapists provide individualised instruction within small group physiotherapy and gym sessions, as well as hydrotherapy (if required).
- Occupational Therapist, Social Worker and Dietician staff are also available.



Centre



WHAT DO YOU DO AT DAY THERAPY?

Each session includes:

- Holistic review by our team
- An individualised physiotherapy program within a group setting, including advice on your exercises and progress, and hydrotherapy if it is suitable.
- An opportunity to have your wound reviewed, discuss pain management, sleep patterns and social concerns with expert orthopaedic nursing staff.
- Light refreshments.

How often you need to attend will be estimated following initial assessment at your first session. Each session is scheduled to last approximately three hours and will continue until you are safely on the path to meeting your rehabilitation goals.

WHAT IS PHYSIOTHERAPY?

The aim of physiotherapy is to optimise independence through improving muscle strength, joint movement, flexibility, balance, posture and physical fitness.

Physiotherapy at the Mater Day Therapy Centre (MDTC) involves exercising in a motivating gym-based environment under the supervision of a physiotherapist.

Each patient attending the MDTC is thoroughly assessed by a physiotherapist and rehabilitation goals are discussed and agreed upon.

A progressive, rehabilitation program is then prescribed and monitored. This will guide you to continue your home based exercise program independently.





HYDROTHERAPY

Hydrotherapy involves exercising in a heated pool and can be an excellent adjunct to land-based physiotherapy. The warmth and buoyancy of the water provides a unique supportive environment which assists movement, aids strengthening and encourages pain relief. Your hydrotherapy program at the MDTC is designed and supervised by a physiotherapist and is carried out in an indoor heated pool.

Things to remember

- Take your pain relieving medication 1/2 to 1 hour before you arrive.
- Bring a small towel (hand towel size), comfortable footwear and clothing to each session.
- Bring your ice packs to your physiotherapy session.
- If attending hydrotherapy, bring swimming costume and towel.
- It is important to drink water while exercising to avoid dehydration.
- Medicare Card.

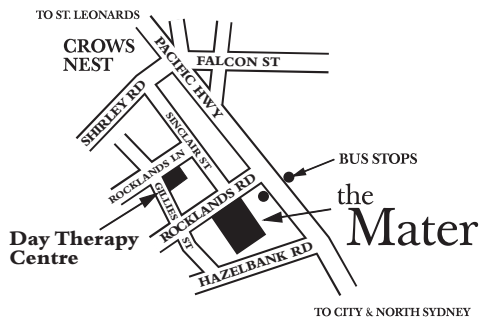


LOCATION & TRANSPORT

The Mater Day Therapy Centre is conveniently located close to the Mater Hospital.



Patient transport is available, but limited. Patients who do not have transport may be eligible for Mater transport to and from the Day Therapy Centre. Speak to our Administrator when you book your appointment.



Mater Hospital

A facility of

St Vincents & Mater Health Sydney Limited

ABN 36 054 594 375

Mater Day Therapy Centre

21 GILLIES STREET

(cnr Rocklands Lane)

CROWS NEST NSW 2065

PATIENT ENTRY VIA ROCKLANDS LANE

TO REAR OF NO. 21

Email: daytherapy@matersydney.com.au

Tel: (02) 9923 7285 Fax: (02) 9923 7286

www.matersydney.com.au