

## Waratah Rehabilitation Centre is the premier rehabilitation provider in Southern Sydney

Our in-patient and day programs are guided by our individual needs and research based evidence (physiotherapy, hydrotherapy, exercise physiology, occupational therapy and dietetics). Treatment is delivered by a comprehensive team of multidisciplinary health professionals.

We believe rehabilitation isn't a one size fits all solution. Your care is coordinated between clinicians so that all patients receive a program designed to optimise recovery, quickly and effectively

### Our rehabilitation team

- Rehabilitation specialist
- Nursing Staff
- Physiotherapists
- Exercise physiologists
- Occupational therapists
- Dietitians
- Speech Pathologists
- Psychologists



### Contact

If you would like Waratah Private Hospital to support your healthcare, please contact our Patient Access Manager.

M 0478 398 106

T 02 9598 0000

E [info@waratahprivate.com.au](mailto:info@waratahprivate.com.au)

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# Rehabilitation

At Waratah Private Hospital

## In-patient and Day Rehabilitation Program



Waratah  
Private Hospital

Waratah  
Rehabilitation

healthcare™



# Our programs are unique and tailored to your needs

Waratah Private provides many different types of rehabilitation programs, each tailored to your specific needs and goals.

## Programs include :

**Orthopaedic** Tailored to patients who have had elective surgery to their upper/lower limbs, joint replacement or spinal surgery, as well as patients who are recovering from fractures and trauma. The focus is on strengthening the muscles around the joint, while also ensuring you can manage everyday activities.

**Reconditioning** Designed for patients who are deconditioned following surgery, medical illness or injury. The focus in this program is reimagining function through intensive exercise.

**Amputee** Designed for patients who have undergone amputation of a limb. The focus is on stump healing and education and training for prosthesis.

**Pain** Specifically for patients with chronic, persistent pain where pain levels or medication use results in deficits in balance, mobility and functioning .

**Thrive** Designed to help patients restore and improve strength, endurance, function, mobility and quality of life during and post cancer treatment.

**Cardiac** A program of support, exercise and education that's personalised to strengthen your heart after a heart event, procedure or the diagnosis of a heart condition. The focus is on helping you make long-term lifestyle changes so you can live a longer, healthier life.

**Neurological** Designed for patients who have neurological issues such as Stroke, Brain Injury, Parkinsons Disease or Multiple Sclerosis. The focus is restoring strength and coordination to improve function

## Our facilities

- State of the art rehabilitation gym
- Large, heated hydrotherapy pool
- Modern inpatient facilities and functional rehabilitation kitchen

## Am I eligible ?

If you have recently has surgery or a medical illness that has left you with loss of walking ability, strength, or general function, then you may be eligible. If you are unsure if your condition meets the eligibility criteria, please contact the Patient Access Manager on 0478 398 106

## Do I need a referral ?

Yes, a referral from a medical practitioner is required, either your GP or specialist.

## Am I covered for the programs ?

As our rehabilitation programs fall under the category of hospital, most major health funds provide full cover. Veteran's Affairs, Workers compensation and CTP claims are also accepted. Patients who are not privately insured may discuss hospital fees with the Hospital's admissions team on (02 9598 0000)