

### Claire Canfield: Physiotherapist

Claire graduated in 2007 and has been working at SJOG since. She has experience in all inpatient and outpatient areas. She has special interests in clinical pilates and hydrotherapy, and has completed post graduate training in both. Claire also offers breast care and lymphoedema education for post-operative procedures.

### Katie Sutton: Exercise physiologist\*

Katie completed an Applied Science Degree in Human Movement, and has worked as an Exercise Physiologist for 15 years. Katie also lectures in Certificate III and IV in Fitness. Her passion is to get people fit, healthy and happy to enjoy life!

*\*Exercise Physiologists are health professionals who specialise in exercise, lifestyle and behavioural modification programs. They work in the prevention and management of disease or injuries, such as diabetes, arthritis, osteoporosis, depression and cancer. They work alongside doctors and physiotherapists.*

*\*\* Dry needling is the use of acupuncture needles to release trigger points in muscles for pain relief.*

## Contact Us

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March 2010



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ARBN 051 960 911 ABN 21 930 207 958

# Outpatient Physiotherapy



Outpatient physiotherapy at St John of God Hospital in Bendigo is available to anyone - no referral is needed.

Staffed by experienced physiotherapists and exercise physiologists\*, it offers real time ultrasound and excellent gym and hydrotherapy facilities.

We treat the following conditions:

- Sports Injuries
- Back/neck injuries
- General musculoskeletal pain
- Headaches
- Post-operative rehabilitation
- Women's health including: ante-natal, post-natal and continence management

### Hydrotherapy

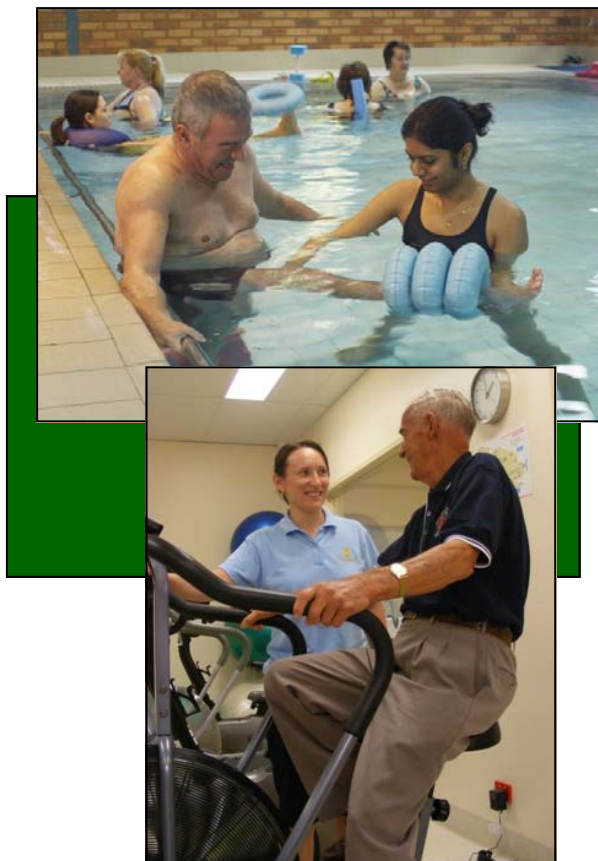
The hospital has a fully equipped hydrotherapy pool available to inpatients and outpatients. After assessment from one of our physiotherapists, outpatients can attend group sessions, where a water based exercise program is designed and supervised by a physiotherapist.

Independent pool sessions are available after consultation with your physiotherapist.

### Gym

Fitness assessments, one-on-one and gym group sessions are available. Our programs are designed and supervised by a physiotherapist or exercise physiologist.

On completion of the gym program our therapists can provide advice regarding exercise maintenance.



### Referral Process

You do not require a referral to attend outpatient physiotherapy. However, we do have a close working relationship with the region's specialist doctors.

### Payment

We are happy to accept WorkCover, TAC, DVA and enhanced primary care patients. We have the HICAPS system for direct payment for privately insured patients.

## Outpatient Physiotherapists

### Narelle Wright: Senior Physiotherapist

Narelle graduated in 2002 and has since worked in Australia, New Zealand and the UK. She has worked in rehabilitation, private practice, hydrotherapy centres, chronic pain and orthopaedic medicine, and in the UK also managed a physiotherapy department. Her special interests are hydrotherapy, clinical pilates, back rehabilitation, pain management, and dry needling for trigger point release\*\*.

### Amy Terry: Physiotherapist

Amy graduated in 2003 with honours, and in 2009 completed her masters in musculoskeletal physiotherapy. She has worked in a variety of outpatient and private practice settings in Australia, and provided physiotherapy at national and international sporting events. Her special interests include spinal, chronic musculoskeletal pain, sports injuries and hydrotherapy.

### Adam Gooding: Physiotherapist

Adam completed an applied science degree in Human Movement, and then went onto study physiotherapy, and graduated in 2006. He worked in a Melbourne private practice for three years before moving back to Bendigo. Adam has extensive experience working with football teams. Special interests include musculoskeletal, spinal and sports injuries. Special skills include dry needling for trigger point release\*\*.