

# Day Rehabilitation Programs



Frankston Rehabilitation Hospital offer a range of Day Rehabilitation Programs. These comprehensive programs are suited to people who are seeking self-management strategies for improving their strength, balance, mobility, independence, communication and function through land and/or aquatic based exercise.

They are individualised to your needs and are led by qualified therapists including; physiotherapists, occupational therapists, speech pathologists, exercise physiologists, dietitians, psychologists, specialist nurses, art therapists and music therapists.



**ST JOHN OF GOD**  
Frankston Rehabilitation  
Hospital

Programs	Suitability	Length
<b>Spinal</b>	Post spinal surgery, low back pain, spinal stenosis, other spinal related condition.	6 Weeks (1-2 times weekly)
<b>Lower Limb</b>	Any conditions relating to your legs including your hips, knees, and ankles. If you have had a hip or knee replacement, muscle strain, ankle sprain, or ankle surgery.	6 Weeks (1-2 times weekly)
<b>Upper Limb</b>	Any conditions relating to your arms, shoulders, elbows, wrists, hands or fingers.	6 Weeks (1-2 times weekly)
<b>Pain and Reconditioning</b>	General difficulty with widespread or chronic pain such as Fibromyalgia, that has caused loss of daily function and is having a negative impact on your strength and endurance.	6 Weeks (1-2 times weekly)
<b>Reconditioning</b>	Loss of general fitness, strength and balance. This is likely after prolonged hospital admissions, or recovery after an acute illness.	6 Weeks (1-2 times weekly)
<b>FAB: Falls And Balance (Stable Seniors)</b>	Improving functional balance and safety. A large focus is placed on falls prevention and safe mobility inside the home.	6 Weeks (1-2 times weekly)
<b>Parkinson's Disease</b>	Parkinson's patients, longstanding or newly diagnosed. The program includes education on condition plus PD specific exercises for nt and communication/speech.	6 Weeks (2 times weekly)
<b>PainWISE</b>	Chronic pain, or longstanding pain. NON-pharmaceutical intervention with emphasis on self-management, exercise and improving function in every day activities.	6 Weeks (1-2 times weekly)

Continued overleaf

For further information about these programs (including referral and cost) please contact 03 9788 3367



**ST JOHN OF GOD**  
Health Care



Programs	Suitability	Length
<b>Cardiac (Heart)</b>	For people with a heart condition or post heart surgery/procedures (valve replacements, stents, CABG's etc.) The program includes support, exercise and education to strengthen your heart and heart knowledge. It helps you make long-term lifestyle changes so you can live a longer, healthier life.	5 Weeks (2 times weekly)
<b>Pulmonary (Lung)</b>	For people with a lung condition. The program includes support, exercise and education to teach people with a lung disease the skills they need to manage their breathlessness and stay well and out of hospital.	6 Weeks (2 times weekly)
<b>Oncology (Cancer)</b>	For people living with cancer at any stage after diagnosis. The program includes support, exercise and education to assist people to better manage treatment related side effects (fatigue, reduced physical strength, increased stress levels) with the aim of improving day to day quality of life and overall wellbeing.	6 Weeks (2 times weekly)
<b>Speak and Understand</b>	For people with changes in thinking or communication, wishing to learn and apply skills of conversation and thinking in real-life scenarios, under the guidance of our Occupational Therapy and Speech Pathology team. Each week focuses on a different set of thinking and speaking skills.	6 Weeks (once weekly)

## Active Health and Wellbeing Clinic

At Frankston Rehabilitation Hospital we also offer 1:1 therapy with an experienced clinician who will tailor a treatment plan to suit your needs and goals via our private Active Health and Wellbeing service. Services available include:

- Dietitian
- Occupational Therapy
- Men and Women's Health
- LSVT LOUD
- Exercise Physiology
- Physiotherapy
- Facial palsy rehabilitation
- LSVT BIG
- Hydrotherapy
- Speech Pathology

**LSVTLOUD™ LSVTBIG®**

No referral is necessary. **Simply call us on 9788 3331 to make an appointment.** Payment methods include:

- Private Health Funds Extras
- Self Funded
- NDIS Self-funded to the payment methods

\*GP's can also refer patients for Medicare subsidized treatment using the CDM plan for Allied Health. This requires a GP Management Plan and Referral. A gap fee is also chargeable.

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