

# PHYSIOTHERAPY

Physiotherapists diagnose and treat problems in the body through thorough evaluation and development of a customised recovery plan. Our Physios encourage you to take charge of your health through activity and exercise. We focus on everyday movements, helping you to feel strong, comfortable and independent.



## WHEN SHOULD YOU SEE A PHYSIOTHERAPIST?

- ✓ Chronic or new pain
- ✓ Frequent falls, near falls and fear of falling
- ✓ Difficulty getting off the toilet and chair
- ✓ Recovery from injury or surgery
- ✓ Increasing balance difficulties, or dependency on furniture walking
- ✓ Increased difficulty with daily tasks e.g. housework or shopping

## A PHYSIOTHERAPIST CAN...

- Evaluate and diagnose a range of musculoskeletal conditions.
- Provide treatment to improve overall mobility caused by stiffness, weakness, inactivity, pain, or balance issues.
- Assess and prescribe 4 wheeled walking aids.
- Support you reaching your desired goals and physical abilities.

For more information and to access this service privately contact us.

To use your HomeCare Package, speak with your BallyCara HomeCare Coordinator to arrange a referral.

### Contact Us:

☎ 1300 272 222

🌐 [wellness@ballycara.com](mailto:wellness@ballycara.com)