

General Reconditioning Rehabilitation Program

This program is designed for patients who have experienced prolonged illness, hospital stay or reduced activity, resulting in a general decline in fitness and ability to participate in daily activities.

Health education, functional activities, exercises, mobility and endurance retraining are specifically tailored to help optimise functional ability and stamina.

Spinal/ Neurological Program

Our neurological rehabilitation service is suitable for patients who have had a recent or past stroke, spinal cord injury, or degenerative neurological condition (Parkinson's Disease, Multiple Sclerosis).

A comprehensive multidisciplinary assessment is conducted and a personalised plan developed to support clients to maximise their independence and resume a fulfilling lifestyle.

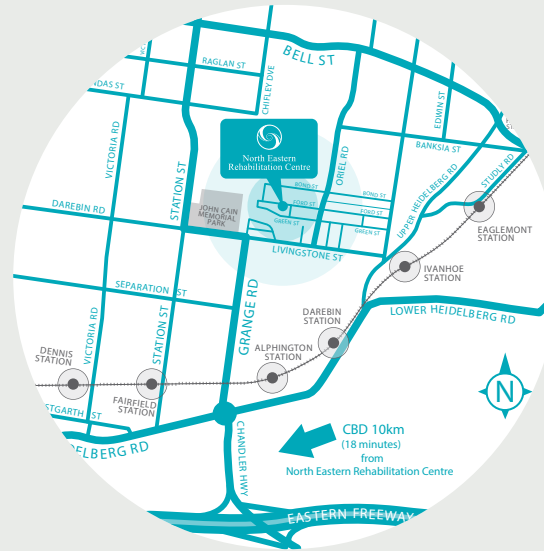
Referrals

A doctor's referral to our Rehabilitation Specialist or Geriatrician is required to assess your suitability to participate in our programs.

You may be covered by your health fund or insuring body.

Contact us

To book an outpatient appointment, please contact the Outpatient Department on 03 9474 8923.



North Eastern Rehabilitation Centre

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A Healthscope hospital.

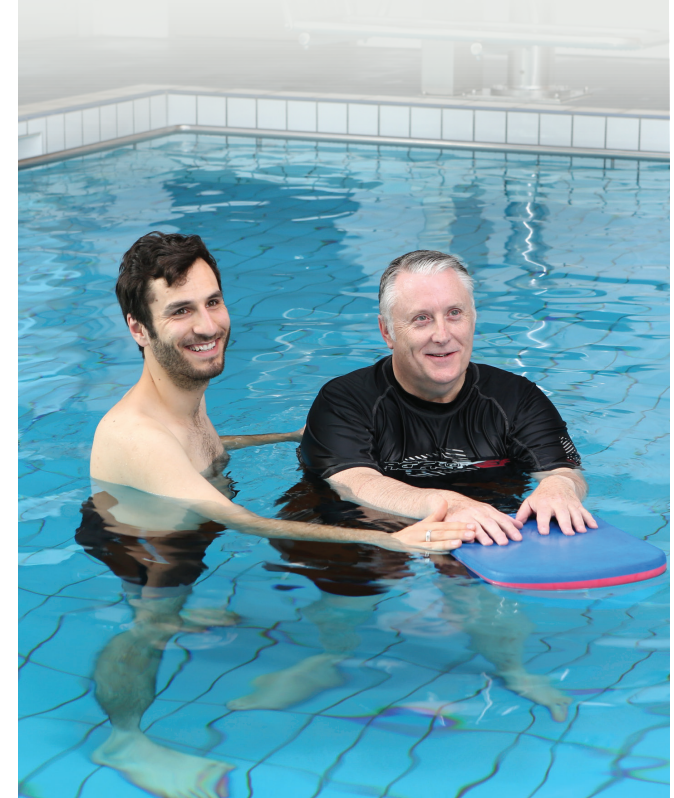
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North Eastern Rehabilitation Centre

Outpatient Programs



North Eastern Rehabilitation Centre in Ivanhoe has earned its reputation as one of the finest rehabilitation hospitals in the country. It provides a variety of rehabilitation services run by experienced staff that are committed to best practice.

What is rehabilitation?

Rehabilitation aims to restore independence after an operation, illness or injury. A patient's rehabilitation goals may include improving mobility, balance and coordination, fitness, confidence, self-reliance and a return to specific activities and functions at home, work or recreation.

What is an Outpatient Program?

Outpatient rehabilitation is where patients travel from home to a clinic or hospital to attend sessions. You may be referred to outpatient therapy after an inpatient stay at a hospital or directly from the community by your GP or specialist.

A comprehensive multidisciplinary assessment is conducted by our team, with whom you will establish your personal rehabilitation goals. The most suitable program option for you is then identified. Our programs can be delivered on an individual or group basis.

Our multidisciplinary team includes:

- Medical Rehabilitation Specialists
- Dietitian
- Exercise Physiologists
- Occupational Therapists
- Physiotherapists
- Psychologists
- Rehabilitation Nurses
- Social Worker
- Speech Pathologist.

Our Outpatient Programs include:

Falls Prevention Program

This program is designed for patients with a history of falls, vestibular disorders, reduced mobility and function, and restricted social activity due to lack of confidence. The aim is to minimise the risks of falling and maximise the safety and independence of people living in the community.

It is based on best evidence for successful ageing and includes health education, functional activities, exercise and balance retraining. A thorough assessment including vestibular screening is conducted.

Healthy Lifestyle Program

This program is suitable for those with a variety of chronic diseases including diabetes, pulmonary disease, arthritis or injury.

It is designed to improve overall health, endurance, and confidence in functional abilities. Education is provided on health factors, risk management and lifestyle adjustment. An exercise program is developed to meet individual goals and abilities.

Cardiac Rehabilitation Program

This program is recommended for patients following cardiac surgery or cardiac event, or those with cardiac risk factors including hypertension and diabetes, wishing to adopt a healthier lifestyle.

Cardiac Rehabilitation is a comprehensive program incorporating health education, peer support and exercise. The aim is to educate, recondition and improve functional confidence with emotional wellbeing.

Pain Rehabilitation Program

This program is suitable for patients with persistent pain. Following a comprehensive assessment an individualised program is developed using evidence based practices. This includes education on the neuroscience of pain, self-management strategies, movement retraining and counselling.

Physical, psychological and cognitive strategies are utilised to help reduce the impact of pain, achieve your goals and engage in a more active and meaningful life.

Oncology/Cancer Rehabilitation

This program is designed to help the patient and their family address the physical and psychological issues associated with a cancer diagnosis and treatment.

Through your journey we work closely with your oncologist and surgeon to provide physical, occupational, dietetic education and psychological counselling. Our aim is to improve strength, endurance, physical wellbeing and re-establish pre-treatment fitness.

Joint Replacement Program

This is an exercise and education based program designed to rehabilitate patients after their total hip and knee joint replacement, as well as other bone and joint trauma and surgery.

The program is tailored to individual needs and goals, aiming to improve mobility, safety, exercise tolerance and function.