

## Referral to the Day Rehabilitation Program

If you think you would benefit from participating in one of our Day Rehabilitation Programs, we will need a referral from either your treating Specialist or General Practitioner.

For Day Rehabilitation Program enquiries, please contact our Day Rehabilitation Coordinator on 02 8585 4914, complete the day program referral form on our website [www.metrorehab.com.au](http://www.metrorehab.com.au) or email your query to [dayprogram@metrorehab.com.au](mailto:dayprogram@metrorehab.com.au).

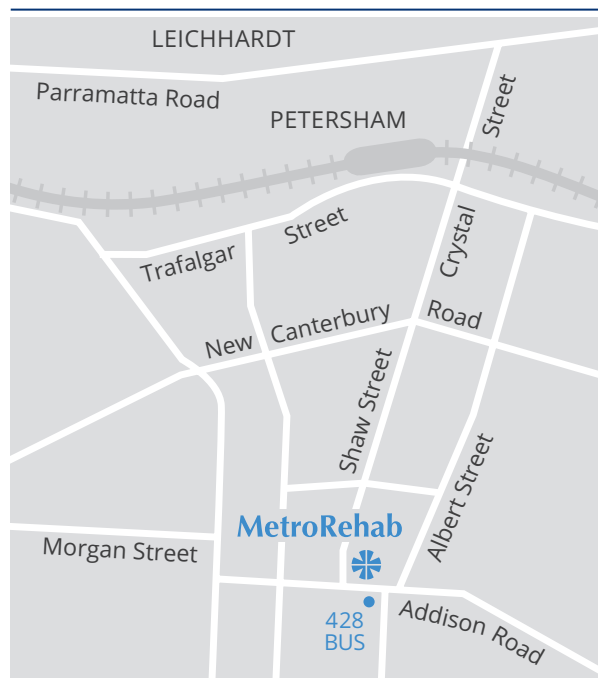
Once we receive your referral, we will arrange for one of our Rehabilitation Specialists to complete a comprehensive assessment to determine your rehabilitation needs, goals and treatment plan.

## What to wear

- Comfortable casual day clothes suitable for you to participate in your rehabilitation program and gym activities
- Swimming costume for hydrotherapy
- Comfortable, well fitting shoes

## Fees and charges

MetroRehab Hospital has established contracts with all major health insurers and the Department of Veterans' Affairs to minimise your costs. You should however check with your fund to determine if you have any additional charges specific to your health policy. Prior approval is sought for patients who are covered under CTP or Workers Compensation insurance. We also cater for full fee paying patients who do not have private health insurance.



**Free Parking:** Available on-site and in nearby streets.

**Public Transport:** Bus route 428 Circular Quay to Canterbury via Petersham stops outside the hospital. The nearest train station is at Petersham which is a 15 minute walk from the hospital.

**Information:** Please contact MetroRehab Hospital on 02 8585 4914 for more information on our Day Rehabilitation Programs.



**Excellence in Medical Rehabilitation**  
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Teaching Affiliations



# DAY PATIENT REHABILITATION PROGRAM

Excellence in Medical Rehabilitation



Better off with MetroRehab

## Who are we?

MetroRehab Hospital is an independent, private rehabilitation hospital, located in Petersham, specialising in multidisciplinary rehabilitation programs. We are committed to providing our programs with professionalism and empathy, in a warm and

friendly environment. Our sole focus is rehabilitation and helping our patients achieve a better quality of life through rehabilitation. All of our programs are based on current evidence and delivered at an intensity to achieve optimal results.

## What type of day rehabilitation programs do we offer?

The day program provides rehabilitation to patients who are well enough and independent enough to come in from home rather than staying in hospital. Patients may also attend the Day Program after their inpatient rehabilitation admission. Day patients participate in an individually tailored, multidisciplinary rehabilitation program under the direction of a rehabilitation specialist and have access to the hospital's rehabilitation gym and hydrotherapy pool.

MetroRehab Hospital's Day Rehabilitation includes the following specialist programs:

- **Orthopaedic Rehabilitation** is for people who have had an orthopaedic procedure, fracture, musculoskeletal injury or trauma. For example – hip, knee or shoulder replacement, spinal surgery, orthopaedic trauma and/or amputation (e.g. motor vehicle or pedestrian accident)
- **Neurological Rehabilitation** is for people following stroke, acquired brain injury, brain/spinal surgery or other neurological conditions including Parkinson's disease, multiple sclerosis, motor neurone disease or other peripheral neurological diseases
- **Reconditioning Rehabilitation** is for people who have become deconditioned as a result of an acute illness, surgical procedure, extended hospital admission or exacerbation of a chronic condition
- **Cancer Rehabilitation** is for people who have had a primary cancer diagnosis or treatment (e.g. chemotherapy and/or radiation)

## Your recovery and rehabilitation

It is important that you take an active role in your rehabilitation program and recovery by:

- Attending your day program rehabilitation sessions as scheduled
- Practicing your prescribed exercises at home, as advised by your treating therapists
- Using the skills and techniques you have learnt in therapy in your daily routine to increase your independence

Our specialist team will work with you, your family and/or carers to establish your own specific goals and rehabilitation treatment plan with the ultimate aim of enhancing your recovery and increasing your functional independence.

## What MetroRehab Hospital offers

- A dedicated, highly skilled multidisciplinary **rehabilitation team** including Rehabilitation Doctors, Physiotherapists, Occupational Therapists, Exercise Physiologists, Speech Pathologist, Dietitian, Clinical Psychologist and Social Worker
- **Comprehensive assessment** by the expert rehabilitation team on commencement of your day program. This will include setting your personal rehabilitation goals
- **Individualised day rehabilitation programs** completed under the guidance of our allied health staff. You may complete your individual rehabilitation program with a combination of both individual treatment sessions, group based programs and education
- **Tailored hydrotherapy programs** in our on-site hydrotherapy pool
- Regular **case conferences** so the rehabilitation team can review your condition and progress towards your rehabilitation goals
- State of the art **rehabilitation gymnasium** and **on-site hydrotherapy pool**



**We look forward to working with you and your family**

For more information regarding the Day Rehabilitation Programs at MetroRehab Hospital, please contact our Day Program Coordinator on 02 8585 4914.

