



# Day Rehabilitation

*Where exceptional clinical care  
meets outstanding facilities*



Royal Rehab Private



235 Morrison Road, Ryde | 02 9808 0522 | [royalrehab.com.au](http://royalrehab.com.au)

# A program tailored to you

For expert rehabilitation following illness, surgery or trauma, there is simply no better choice than Royal Rehab Private Hospital.

## Recover better with us

Our world class rehabilitation programs deliver exceptional clinical care in outstanding facilities. Every doctor, nurse and therapist is skilled in rehabilitation medicine and dedicated to your recovery. If you or your loved one wants to build strength, abilities and independence but don't require the medical and nursing care of an inpatient setting, our Day Rehabilitation is the perfect solution.

Before we begin, our team of friendly and experienced health professionals will meet with you to understand your goals and draw on evidence-based approaches to develop a rehabilitation program just for you.



## Benefit from our specialist areas:

- **Neurological rehabilitation** – if you are recovering from stroke, acquired brain injury, brain or spinal surgery or are living with a neurological condition such as multiple sclerosis, Parkinson's disease or motor neurone disease .
- **Orthopaedic rehabilitation** – if you are recovering from an orthopaedic procedure, fracture or musculoskeletal injury (such as a hip, knee or shoulder replacement, spinal surgery, orthopaedic trauma or amputation).
- **Reconditioning** – if your illness, surgical procedure or chronic condition has reduced your independence or confidence to get by day to day.

## Our team is multidisciplinary

That means your program will incorporate the most appropriate mix of:

- Rehabilitation specialists
- Hydrotherapy
- Physiotherapy
- Exercise physiology
- Occupational therapy
- Speech pathology
- Dietetics

- ✓ Your program will be overseen by a team of rehabilitation specialists.
- ✓ You can choose a combination of health disciplines.
- ✓ Your program will be personal to achieve your goals.
- ✓ You will achieve better results thanks to our high staff to client ratio.
- ✓ You're in safe hands if you require brain or spinal cord rehabilitation.

## Slow your Parkinson's disease symptoms

If you are living with Parkinson's disease, find out how you could benefit from the below specialised programs:

- ✓ **PD Warrior®** – Royal Rehab is licensed to offer PD Warrior®, a world-renowned group-based exercise program designed to improve the symptoms of Parkinson's disease.
- ✓ **LSVT BIG** – individualised program designed to train improved movements.
- ✓ **LSVT LOUD** – individualised speech treatment designed to train use of the voice levels.





## How can I attend Royal Rehab Day Rehabilitation?

You can attend Day Rehabilitation with a referral from your general practitioner or another health professional. Everyone is welcome, even if you haven't been an inpatient at Royal Rehab Private Hospital.



## What kind of programs do you offer?

You can choose one of two levels of support:

- Full day program (3 hours of therapy)
- Half day program (1.5 hours of therapy)

Our programs are typically two sessions per week over a one-month period. We also offer packages for hydrotherapy and drop in visits.



## What do I need to bring with me on the day?

Wear comfortable, loose fitting clothing and appropriate footwear for the activity.

If hydrotherapy is part of your program, bring your swimwear along with a change of clothing and a bag for your wet swimmers. We will provide you with a towel.



## How much does it cost and what are my funding options?

We accept funding from most private health insurance funds, workers compensation, Lifetime Care and Support Scheme (icare) and self-funded individuals. If you are privately insured, ask your health fund about exclusions, excess payments or co-payments applicable to your cover. You can contact us for a fee estimate.

# Place yourself in trusted hands

Royal Rehab is Australia's leading not-for-profit provider of rehabilitation and disability support services.

Established in 1899, we are passionate about supporting you to achieve your potential. Our Day Rehabilitation is one of our four models of care:

- **Private Hospital and Day Rehabilitation** – exceptional clinical care for orthopaedic conditions, stroke recovery, neurological conditions including Parkinson's disease and multiple sclerosis, reconditioning and more.
- **Disability Services** – accommodation, drop-in and live-in support, help with community participation and navigating the NDIS.
- **Community Rehabilitation** – programs by clinical therapists who can help you gain strength, abilities and independence at home or in a community location.
- **Specialist** – spinal and brain injury inpatient rehabilitation units.



## Where to find us...

Royal Rehab Private is located at Ryde in the Royal Rehab campus. You will find our Day Rehabilitation at the rear of our main building situated next door to the Clive Austin Conference Centre:

- ✓ Free onsite parking is available at the rear of the main building with no time restrictions on Susan Schardt Way.
- ✓ Simply go to the boom gate along Susan Schardt Way and press the intercom button and you will be provided access.







## Contact us!

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