



9889 1078

Chat to one of our specialists to see how we can best help you.

Physiotherapy

What is a Physiotherapist?

Physiotherapists are government registered practitioners that form a component of the manual therapy field. Manual therapy is a discipline of health care that encompasses a range of treatment modalities including physiotherapy, osteopathy, myotherapy, remedial massage and chiropractic.

What do physiotherapists do?

Physiotherapists use a variety of techniques to help your muscles and joints work to their full potential. They can help repair damage in the musculoskeletal system by speeding up the healing process and aid in reducing pain and stiffness. Physiotherapists also have an important role in rehabilitation, for example, assisting people who have undergone a sports injury to return to their pre-injury state. Physiotherapists don't just offer hands-on treatment; with their advice and biomechanical knowledge can help you fully recover from your injury by aiming to restore the normal structure and motion of your body and prevent the problems from returning in the future.

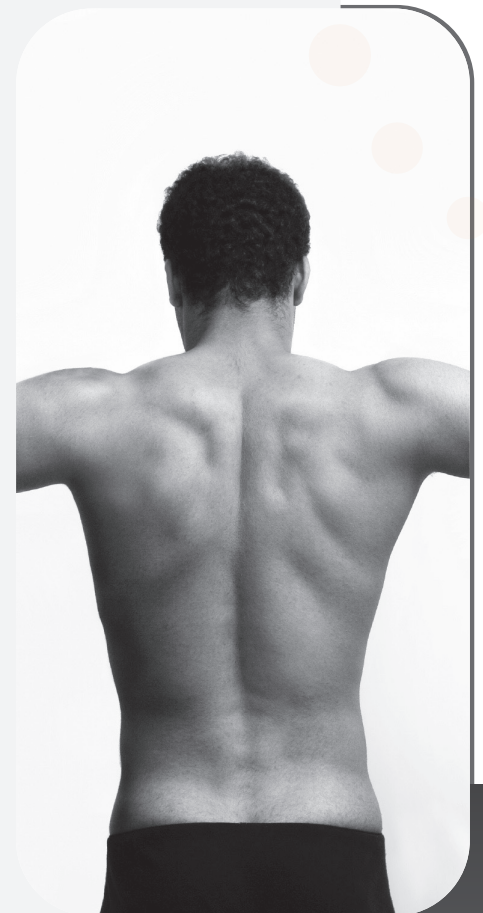
When should I seek physiotherapy treatment?

Physiotherapy is applied in the preventative, corrective and rehabilitative phases of healing to restore and maintain the normal integrity of the soft tissue structures (muscles, tendons, ligaments and fascia) and joints of the human body.

Physiotherapists can assist people with movement disorders which may have been acquired through accident or injury (such as motor vehicle accident or sporting injuries), or the result of life-changing major events (such as stroke or the development of a disease of the nervous system) and aid them in a complete recovery.

How many treatments will I need?

After treatment you should have less pain, feel more mobile, flexible and comfortable in your movements. Relief can be dramatic and long lasting; your physiotherapist will expect to see positive results within 2-4 treatments





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for common symptoms. However, it must be emphasised that each individual is unique and it may take several visits before you return to normal.

Do I need a referral from a GP?

While GP's and specialists seeking the best care for their patients often refer patients to see a Physiotherapist, a referral is not necessary. For a physiotherapy treatment simply make an appointment with Camberwell Sports & Spinal Medicine directly (9889 1078). Physiotherapy is a complementary form of treatment and works well when used in conjunction with medical treatment.

Is physiotherapy treatment covered by my private health fund?

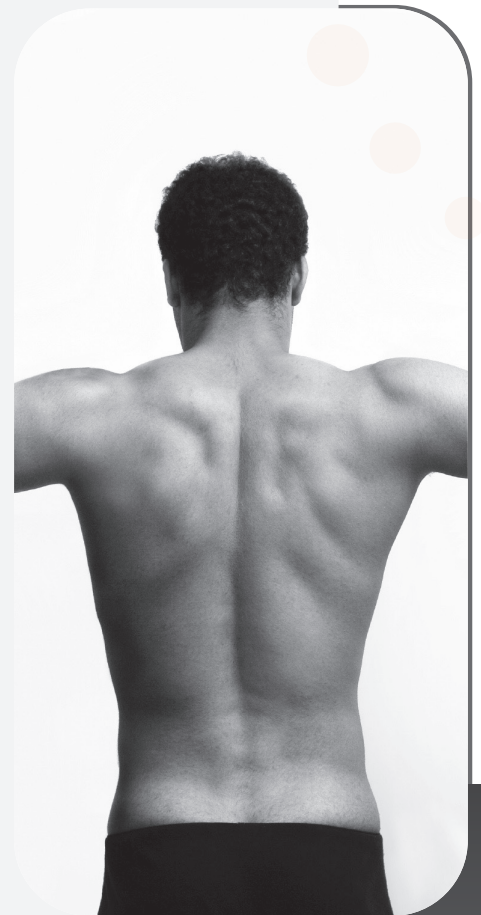
Physiotherapy treatment is covered under the ancillary or extras cover of most major health insurers. Camberwell Sports & Spinal Medicine is able to offer "on the spot" rebates via HICAPS. The rebate varies depending on your health insurer and level of cover so check the details of your policy. We want you to be able to achieve the maximum benefit from your health insurance so if you have any queries please check with our reception staff.

Is physiotherapy treatment covered by Medicare?

Yes, Medicare now covers physiotherapy treatment if your condition meets certain conditions. In the instance that you suffer from chronic pain, your GP can refer you to an physiotherapy for up to five treatments each year. In this circumstance, for treatment to be covered by Medicare you must have a referral from your GP, so talk to them about an Enhanced Primary Care (EPC) plan.

Is physiotherapy treatment covered by WorkCover or the Transport Accident Commission (TAC)?

Yes, the cost of physiotherapy treatment is covered. If you already have a claim number, please bring it with you. Otherwise, let your GP know that you want to consult one of our physiotherapists. We can also help you arrange the necessary approval.





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Is physiotherapy treatment safe?

Fortunately the risks associated with physiotherapy treatment are very low, particularly when compared with the risks associated with taking pain relieving medications that are readily available in pharmacies and supermarkets. The only common side effect of treatment is some mild and temporary “muscle soreness” the next day.

What to expect on your first visit

We recommend that for your initial treatment that you book in for an extended consultation of 45 minutes.

During this initial visit your physiotherapist will:

- Take a thorough History to gain an understanding of your injury and circumstances that could have lead to your condition.
- Examine your body and identify the type, source and cause of symptoms.
- Diagnose your condition and discuss this with you.
- Provide hands-on treatment using techniques such as massage and joint articulation with the use of hot and cold packs with an emphasis on rehabilitation using a treadmill or exercise bike as required
- Devise a treatment plan. We involve patients in treatment and rehabilitation choices.
- Provide treatment using techniques such as soft tissue massage and stretching.
- Educate you about your condition.

Recommend any follow up treatment.

Follow-up treatments generally last for 30 minutes.

Who are your practitioners?

The practitioners at Camberwell Sports & Spinal Medicine are fully qualified and recognised members of the Australian Physiotherapy Association, the main representative body.

