

WHERE OUR SERVICE IS PROVIDED

Physiotherapy services are available at all Bellarine Community Health Centres.

Our physiotherapists may also link you with suitable community based programs such as:

- Water therapy
- Strength training
- Rehabilitation
- Balance training
- Tai chi

TIPS FOR KEEPING ACTIVE

- Aim for at least 30 minutes of moderate intensity physical activity on most, preferably all days
- If you can comfortably talk, but not sing, you're doing moderate intensity activity
- The 30 minutes does not have to be continuous. Combine short 10-15 minute sessions throughout the day
- Move more and sit less every day
- Include some activity to build strong and healthy muscles and bones
- If you haven't exercised for a long time seek advice from a health professional or GP before you start a new exercise program



✓ **CONSUMER REVIEWED**

This publication has been reviewed by a health service user

BOOKINGS AND APPOINTMENTS

 1800 007 224

Email: intake@bch.org.au

Fax: (03) 5258 0864



You can make an appointment yourself or ask your doctor, health worker or other service for a referral.

Eligibility criteria and waiting periods may apply to some of our services.

BCH acknowledges the traditional Custodians of the land where we work, and pay respects to Elders past & present and emerging.

HEALTH CENTRE LOCATIONS

DRYSDALE

23 Palmerston Street
Monday - Friday
8:30am - 5:00pm

OCEAN GROVE

78 Presidents Ave
Monday - Friday
8:30am - 5:00pm

PORTARLINGTON

39 Fenwick Street
Monday - Friday
8:30am - 5:00pm
Fax: (03) 8513 6202

DRYSDALE YOUTH

Peninsula Drive, Behind
Bus Shelter Number 5
Drysdale
Monday - Friday
9:00am - 5:00pm
Fax: (03) 5251 5099

POINT LONSDALE

2 Nelson Road
Point Lonsdale
Monday - Friday
8:30am - 5:00pm

Bellarine Community Health Ltd. is supported by the Australian Government Department of Health and the Victorian Government. Although funding has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

Feb 2021

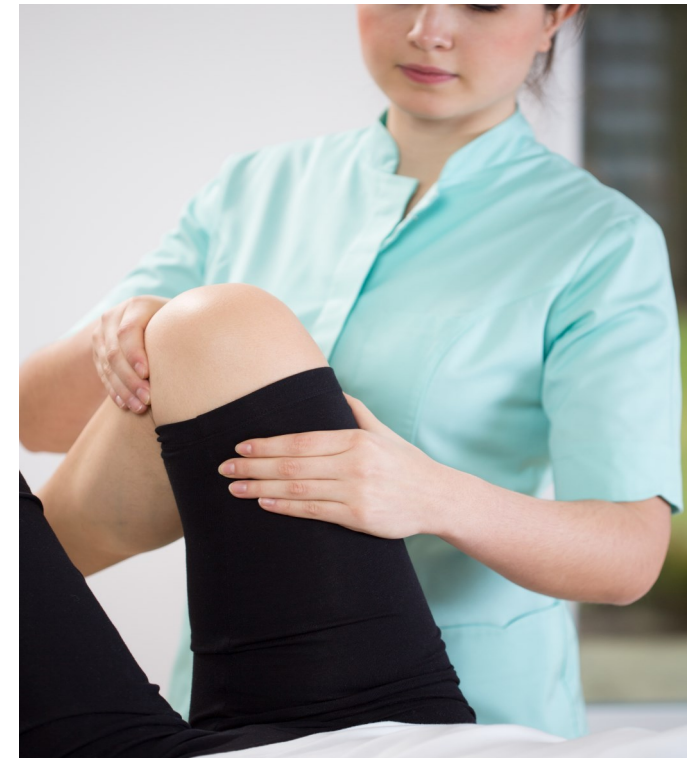
www.bch.org.au

A0025025E

PO Box 26 Point Lonsdale 3225

ABN 96 536 879 169

Physiotherapy



bch Bellarine
Community
Health

With you for life

Bellarine Community Health provides specialist health services for all ages across five locations on the Bellarine. We are committed to providing quality, affordable health care.

Bellarine Community Health is proud to promote and advocate for the health needs of our diverse community.

Our service provides safe, inclusive and high quality care for everyone.

HEALTH SERVICE FEES

Fees for health and dental services are calculated on your income and your ability to pay.

Fees will be explained prior to an appointment being made for you.

Difficulty or inability to pay will not prevent you from receiving treatment or service.

BHC is a registered NDIS provider.

Visit www.bch.org.au for detailed list of fees.

GIVE US FEEDBACK

Bellarine Community Health is wholly committed to improving our services through your experiences.

Please contact us at haveyoursay@bch.org.au or download a feedback form from our website at www.bch.org.au

PHYSIOTHERAPY SERVICES

Physiotherapists assess, diagnose and treat people with movement problems to assist them to achieve their activity and health goals.

You may need to consult a physiotherapist if you have concerns about your joints, bones or muscles or are having difficulty walking or experience falls.

Bellarine Community Health's qualified and professional Physiotherapists develop exercise programs tailored to individual needs.

There is a strong emphasis on teaching constructive skills and strategies to self manage conditions.

Consultations with our qualified Physiotherapists are available at all Bellarine Community Health Centres.

HOW OUR SERVICE IS PROVIDED

Your Physiotherapist will determine how many treatment sessions you will need which is usually between 3-6 sessions.

A typical treatment may consist of:

- Assessment
- Goal setting
- Education
- Manual treatment
- A home exercise program
- Self management strategies.

PHYSIOTHERAPY CAN ASSIST WITH

- Pain reduction
- Recovery from injury
- Increasing function
- Exercise advice
- Reducing the risk of falls
- Talking with relevant health care providers
- Links to suitable programs including exercise groups
- Recommendations for relevant aids and equipment

