

MAFFRA ORTHOPAEDIC GROUP

The Maffra Orthopaedic Group is a program designed for people in the community who suffer from arthritic issues, or those recovering from orthopaedic surgery.

AIMS:

- Decrease pain
- Peer group support
- Increase independence and quality of life
- Improve functioning with daily activities
- Increase exercise tolerance, strength and energy levels

THE PROGRAM INCLUDES:

Assessment:

A Physiotherapist will conduct an individual assessment prior to commencing the group to determine safety and appropriateness of exercise. Following completion of the program, you will have the opportunity to attend a review appointment with your Physiotherapist.

Group Exercise:

Under the supervision and guidance of Physiotherapist and an Allied Health Assistant, you will complete a group-based exercise program targeting strength and mobility.

MAFFRA ORTHOPAEDIC GROUP

ABOUT THE PROGRAM:

- Sessions held on Monday's and Wednesday's 10:00-11:00am
- The program is held in the Physiotherapy Department at the Maffra District Hospital
- Throughout the group you will have a Physiotherapist on hand to assess and adjust your program as required. You may not need to attend every week, depending on the stage of rehab you are at. This can be discussed with your therapist

Cost for the program: This group is currently government-funded therefore attendees will incur no charges.

Contact: Physiotherapy Department

Sale Tel: (03) 5143 8560

Maffra Tel: (03) 5147 0100