

Your local physiotherapists are at:

Brighton Community Health Centre

Tel: 6166 1376 Fax: 6173 0453

Central Hobart RHH Physio Dept.

Tel: 6166 8634 Fax: 6173 0278

Clarence Integrated Care Centre

Tel: 6282 0300 Fax: 6282 0348

Cygnets Community Health Centre

Tel: 6295 1235 Fax: 6173 0437

Dover - Esperance Multi-Purpose Health Centre

Contact via **Huonville** below

Glenorchy Community Health Centre

Tel: 6166 1615 Fax: 6173 0340

Huonville Huon Community Health Centre

Tel: 6121 7050 Fax: 6264 2347

Kingston Health Centre

Tel: 6166 1480 Fax: 6173 0449

New Norfolk District Hospital

Tel: 6166 1307 Fax: 6173 0302

Oatlands - Midlands Multi-Purpose Centre

Tel: 6135 0540 Fax: 6135 0994

Ouse - Central Highlands Community Health Centre

Contact via **New Norfolk** above

Sorell Community Health Centre

Tel: 6166 1400 Fax: 6173 0452

Triabunna - Spring Bay Health Centre

Tel: 6123 4020 Fax: 6123 4095

Continence Services:

Royal Hobart Hospital Physiotherapy:

Tel: 6166 8634 Fax: 6173 0278

Community Continence Service:

Tel: 6282 0760 Fax: 6282 0762



For more information:

Contact your local Centre
or
Community Physiotherapy
Repatriation Centre
90 Davey Street
Hobart 7000
Ph: 6166 7279
Fax: 6173 0399

Images: Queensland Health

Community Physiotherapy

Physiotherapy in Your Community



TASMANIAN
HEALTH
SERVICE



What is Community Physiotherapy?

Physiotherapy specialises in human movement aiming to optimise physical function. Community Physiotherapy aims to improve quality of life and independence for eligible people within the community by:

- providing treatment as part of a health team
- assisting people with disabilities to be as independent as possible
- promoting good health and lifestyle habits

What services are provided?

Conditions treated include:

- strains, sprains, osteoarthritis, fractures
- post-surgical and acute hospital admission
- neck/back and other joint problems
- mild strokes and neurological conditions
- falls/balance problems
- walking aid prescription
- respiratory conditions
- ante and post-natal care

Fees:

Currently, this is a free service under State and limited Commonwealth funding. Charges may be introduced with future policy change.

Who is Eligible?

People of all ages in the Community

Those with Private Health Insurance, current compensation claims, Department of Veterans Affairs cover or access to the Chronic Conditions Management Program should access private services where available

How to access the service?

We accept:
referral from health professionals
or
direct patient contact to their local Health Centre

Where are services provided?

Outpatient Treatment in local Community Health Centres.

Home Visits are available when appropriate.

In-Patient Treatment in rural hospital beds.

Waiting Times:

Service waiting times will vary from centre to centre. Please discuss this when arranging your appointment. Attending another centre may enable you to be seen earlier if appropriate.

Equipment:

Equipment may be recommended as part of your treatment program. Any loan or purchase costs will be discussed.

Groups/Classes:

Physiotherapists in local Community Health Centres may provide:

- strengthening classes
- gentle exercise classes
- falls prevention/balance classes
- fitball classes
- Tai Chi classes
- pre and post-natal exercise classes
- exercise in water classes

Our physiotherapists are also happy to talk to school and community groups and other service providers to promote healthy lifestyles.

Aquatic Physiotherapy (Hydrotherapy):

Physiotherapists can assess and refer clients to an Aquatic Physiotherapy pool for group or individual sessions as part of their treatment.