



Referral to the Orthopaedic Rehabilitation Program

If you think you would benefit from the Orthopaedic Rehabilitation Program we will require a referral from your General Practitioner or treating Specialist.

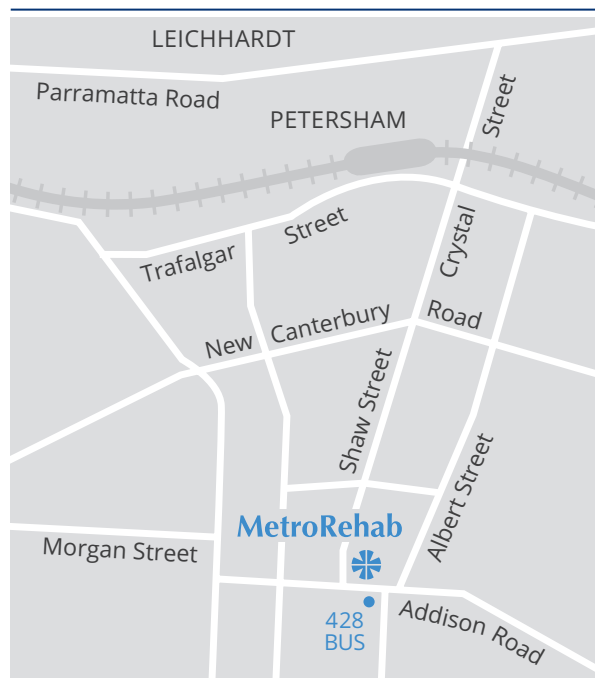
For Inpatient Rehabilitation Program enquiries and admissions, please contact our **Rehabilitation Coordinator** on 0417 200 128 or complete the inpatient referral form on our website www.metrorehab.com.au.

For Day Rehabilitation Program enquiries and referrals, please contact our **Day Program Coordinator** on 02 8585 4914 or complete the day program referral form on our website www.metrorehab.com.au.

Once we receive a referral, we will arrange for you to be assessed by either our Rehabilitation Coordinator or one of our Rehabilitation Specialists to determine your rehabilitation goals and whether the inpatient or day rehabilitation program may best suit your needs.

Fees and Charges

MetroRehab Hospital has established contracts with all major health insurers and the Department of Veterans' Affairs to minimise your costs. You should however check with your insurer to determine if you have any additional charges specific to your health policy. Prior approval is sought for patients who are covered under CTP or Workers Compensation insurance. We also cater for full fee paying patients who do not have private health insurance.



Free Parking: Available on-site and in nearby streets.

Public Transport: Bus route 428 Circular Quay to Canterbury via Petersham stops outside the hospital. The nearest train station is at Petersham which is a 15 minute walk from the hospital.

Information: Please contact MetroRehab Hospital on 02 8585 4900 for more information on our Orthopaedic Rehabilitation Program.



Excellence in Orthopaedic Rehabilitation

275 Addison Road Petersham NSW 2049

P 02 8585 4900 **F** 02 9564 3064

www.metrorehab.com.au

Teaching Affiliations



ORTHOPAEDIC REHABILITATION PROGRAM

Excellence in Orthopaedic Rehabilitation



Better off with MetroRehab

What orthopaedic conditions do we treat?

The team at MetroRehab Hospital have experience treating people with a range of orthopaedic conditions:

- Joint replacements including hip, knee, and shoulder replacements
- Spinal surgery
- Fractures including pelvic, spinal, upper limb and lower limb
- Orthopaedic trauma and/or amputation (e.g. motor vehicle or pedestrian accident)
- Exacerbation of arthritis, osteoporosis or other musculoskeletal conditions



What is the Orthopaedic Rehabilitation Program?

The Orthopaedic Rehabilitation Program is a specialised, multidisciplinary approach to treatment which aims to optimise your recovery. Our Orthopaedic Rehabilitation Program supports you to:

- Recover from your orthopaedic condition/surgery
- Increase muscle strength, joint range of motion and cardiovascular fitness
- Improve pain management
- Complete everyday functional activities
- Regain independence
- Improve quality of life

On commencing the Orthopaedic Rehabilitation Program, you will undergo a comprehensive assessment that will allow us to tailor an individualised treatment program to address your specific impairments and goals. Active involvement in your rehabilitation planning and treatment will be integral in your recovery and increased independence.

Inpatient Orthopaedic Rehabilitation Program

The Inpatient Orthopaedic Rehabilitation Program is offered to people requiring hospital care and rehabilitation following their orthopaedic condition or surgery. We have 37 inpatient beds and offer both single and shared room accommodation with ensuite facilities. We aim to make your stay as comfortable as possible so you can focus on your recovery and participate in your therapy program.

Day Rehabilitation Orthopaedic Program

The day program provides rehabilitation to patients who are well enough and independent enough to come in from home rather than staying in hospital. Day patients participate in an individually tailored, multidisciplinary rehabilitation program under the direction of a rehabilitation specialist and have access to the hospital's rehabilitation gym and hydrotherapy pool.

Why Choose MetroRehab Hospital?

- We are a **private, independent** rehabilitation hospital providing both inpatient and day program orthopaedic services
- **Our sole focus is rehabilitation** and this is evidenced by the outcomes our patients achieve
- We have a **dedicated and highly skilled multidisciplinary rehabilitation team** with extensive orthopaedic experience – the team includes a rehabilitation specialist, rehabilitation registrars, physiotherapists, exercise physiologists, occupational therapists, speech pathologist, dietitian, clinical psychologist and rehabilitation nurses
- **Fully equipped** rehabilitation gym
- **Large hydrotherapy pool** onsite
- **Free onsite parking** and ample street parking nearby



We look forward to working with you and your family

For more information regarding admission to MetroRehab, please call us:

General Enquiries:	02 8585 4900
Inpatient Rehabilitation Coordinator:	0417 200 128
Day Program Coordinator:	02 8585 4914

