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Cardiovascular
Disease



Diabetes



Kidney
Disease



Musculoskeletal
Conditions



Respiratory
Disease



Your Aboriginal Health Worker can
provide you more information

Upcoming appointments

Who

Date / /

Time : am/pm

Bring

Who

Date / /

Time : am/pm

Bring

Who

Date / /

Time : am/pm

Bring



Aboriginal
Health & Medical
Research Council
of NSW



Physiotherapist

Resource three of the

Living Longer Stronger Resource Kit

2nd edition

Disclaimer

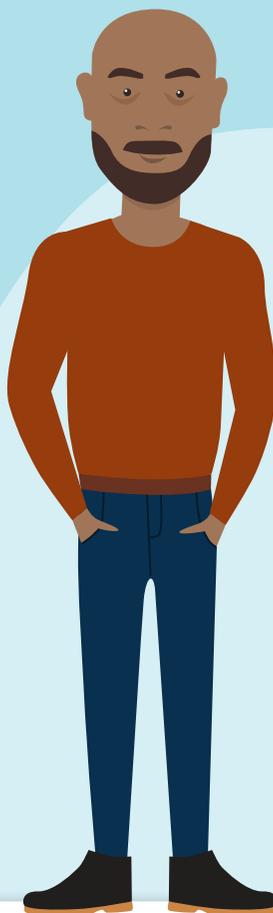
The information in this pamphlet is of a general nature only and not intended as medical advice.

Who are they?

A **Physiotherapist** is an expert in human movement and the muscles of the body. They are able to assess, diagnose and manage a variety of sports injuries, movement disorders and are often involved in rehabilitation following stroke.

Physiotherapists can also assist with:

- + Muscle conditioning and strengthening
- + Exercise plans and lifestyle education 
- + Pain management
- + Mobility aids and appliances



How can I access one?

You may be able to visit a local Physiotherapist in a clinic, but Physiotherapists also work in hospitals, aged-care facilities and sports organisations. You can often make an appointment with them directly, however some may need a referral from a GP.



Physiotherapist

An expert in human movement and the muscles of the body. They can help to manage sporting injuries, mobility problems and various pain issues.

What should I do before the appointment?

- + It might be a good idea to have a think about or write down what you are experiencing difficulty with. For example, it might be a specific motion or activity that causes discomfort. This specific information can help the physiotherapist to diagnose your condition correctly.
- + You may need to bring results of scans or other health reports to your appointment.

How much does it cost?

A visit to your Physiotherapist may be partially or fully covered by Medicare, or your health insurance may contribute some of the costs. Don't hesitate to ask your service provider for more information.

What to expect during the appointment?

- + Your Physiotherapist will go through your issues in detail, perform a physical examination and may ask you to perform some exercises to see what your body is capable of. They can then advise on further treatment or exercises to help improve your movements and function.
- + You may also require follow-up visits to monitor your progress and ensure your condition is being managed well.