

## Physiotherapy

### Skilled Physiotherapists, Tailored Programs

Onemda's experienced team of Physiotherapists provide specialised assessments and develop tailored programs to support you with movement, flexibility, posture and pain management, and to help maximise your independence and function.

By providing hands-on intervention, exercises and prescribed equipment like walking aids and wheelchairs where required, Onemda's physiotherapy team provide important, personalised support to maximise physical wellbeing and capacity.

Our Physiotherapy team specialises in:

- ▶ **Mobility and gait assessments**
- ▶ **Assistive technology** assessment and prescription
- ▶ **Exercise programs**, including warm water therapy, following injury or for acute concerns
- ▶ **Falls prevention**

Our Physiotherapy program is supported by Allied Health Assistants who assist in the delivery of therapy programs, in close consultation with physiotherapists.

Depending on what best suits the goals you have identified, we can deliver these services in your home, in the community or in our state-of-the-art Therapy Centre at Doncaster East.



**Onemda's skilled and experienced Physiotherapists will develop personalised programs to help support mobility, build physical capacity and improve personal safety.**

**FIND OUT  
MORE**

### Contact us

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