



Osteoarthritis Management Program

Movement is Medicine



Does osteoarthritis stop you from doing the things you love?

Does osteoarthritis keep you awake at night?

Would you like to try to delay or avoid hip/knee joint replacement surgery?

Mt Wilga offers a conservative approach to Osteoarthritis Management with our well established program

Our individually tailored programs offer a variety of therapies including:

- Rheumatologist Musculoskeletal assessment
- Hydrotherapy and Physiotherapy
- Gym based Exercise Physiology
- Dietetic advice for healthy eating and weight management
- Occupational Therapy to educate, equip and empower patients to manage everyday activities including sleep positions, daily living activities and car transfers

Under the Osteoarthritis program you may be covered by your Private Hospital or Extras Health Insurance cover.

Assessment Clinic to be held on Tuesdays and supervised therapy groups will be held on Monday/Thursday.

Mt Wilga Private Hospital – 66 Rosamond Street, Hornsby NSW 2077

Visit mtwilgaprivate.com.au or call **02 9847 5015**

GP Referrals: Fax to 9847 5089 or email: OAMP.MWP@ramsayhealth.com.au.

OSTEOARTHRITIS MANAGEMENT PROGRAM REFERRAL FORM

Please tick which hospital you would like your patient referred

Hunters Hill Private Hospital

Mt Wilga Private Hospital

Patient Details

Referral Date:

Patient Name:

Date of Birth:

Address:

.....

Phone: (mobile and/or home)

Email:

Diagnosis and Reason for referral:

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Co-morbidities:

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Insurance Details

Private Health Fund Name: Fund Member number:

Medicare Number: Expiry date:

DVA: Yes No DVA Number:

Referrer Details

Name:

Provider Number:

Address:

.....

Phone: (mobile and/or home)

Email:



Hunters Hill Private Hospital

Part of Ramsay Health Care

9 Mount Street

Hunters Hill NSW 2110

Ph: 02 8876 9300 Fax: 02 8876 9436

Email: oamp.hhp@ramsayhealth.com.au



Mt Wilga Private Hospital

Part of Ramsay Health Care

66 Rosamond Street

Hornsby NSW 2077

Ph: 02 9847 5016 Fax: 02 9847 5286

Email: oamp.mwp@ramsayhealth.com.au