



Orthopaedic Day Program

Living Your Best Life

Mt Wilga's Orthopaedic Day Program supports people who have had elective joint surgery, back surgery or an orthopaedic injury. We work together to enhance your recovery and achieve your goals for independence. Our day program is suitable for people who have returned home after surgery or inpatient rehabilitation and who do not require inpatient medical or nursing care.



How can the Day Program help me?

The day program will address your specific needs including:

- Physiotherapy to focus on improving the flexibility and muscle strength of your operated joint, as well as improving your walking. Your wound can be reviewed and pain management can be discussed.
- Exercise Physiology to concentrate on improving muscle strength, balance and your overall fitness.
- Occupational Therapy to focus on your independence with activities of daily living, return to work or driving, as well as looking at your sleep and any other social concerns.
- Hydrotherapy will allow you to exercise freely without placing additional stress on your new joint.

How long is the Day Program?

Your program will run for approximately 4 weeks with patients attending twice a week. Each day of your program will include approximately 3 hours of therapy based on your Rehabilitation Physician's prescription. You may be looked after in a group environment, however, all aspects of your program will be individualised to your needs.

Program extensions after 4 weeks are available for those patients who have ongoing goals, however our aim is to ensure you are on track to achieving these goals prior to completing your program. Our team will provide you with a comprehensive exercise program for you to continue at home.

What do I need to bring?

- Comfortable clothing for exercise and enclosed supportive shoes
- Swimming costume, two towels and water bottle

Please bring on the first day of your program, in addition to the above, relevant x-rays, private health fund and medicare card.

A light lunch, tea and coffee are complimentary to all our day patients.

Do I need a referral?

If you are a Mt Wilga inpatient, we will organise the referral for you and your care will continue to be managed by your inpatient Rehabilitation Physician.

If you are not an inpatient, we will organise for you to have an assessment with one of our Rehabilitation Physicians and you will commence the day program under their care. You will require a referral from your GP to attend the day program.

Do you have transport?

We understand that following your surgery you may not be able to drive. We do have transport available to you at minimal cost. Please call (02) 9847 5345 to discuss your options.

How is my program funded?

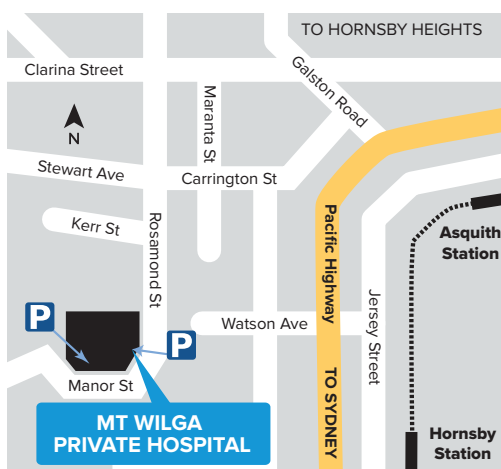
If you have comprehensive private health insurance in rehabilitation you will be covered, however, we will check with your health fund prior to your admission.

How do I find out more information?

Ask your GP or Specialist to fax a referral to (02) 9847 5286.

For further information, call (02) 9847 5345.

Mt Wilga Private Hospital location map



Mt Wilga Private Hospital

66 Rosamond Street
Hornsby NSW 2077

Ph: 02 9847 5000
mtwilgaprivate.com.au

mtwilgaprivate.com.au