



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:

- Medical assessment by a Rehabilitation Physician
- Hydrotherapy and Physiotherapy
- Gym based Exercise Physiology
- Dietetic education regarding healthy eating and weight management
- Occupational Therapy to educate, equip and empower patients to manage everyday activities including daily living activities and car transfers

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

You will be required to attend an assessment clinic prior to commencing on the program. The program takes place on a Monday and a Thursday afternoon.

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

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

A GP referral is required to see our Rehabilitation Specialist.
Please send referrals via email to: Referral.MWP@ramsayhealth.com.au or via fax to: 9847 5089

mtwilgaprivate.com.au



**Mt Wilga
Private Hospital**
Part of Ramsay Health Care