



# Reconditioning Day Program

*Restoring your strength is ours*

Mt Wilga's Reconditioning Day Program supports people who are deconditioned and are experiencing difficulty with daily activities, mobility or balance as a result of:

- Recent surgical or medical admission;
- Exacerbation of a medical condition such as cardiac or respiratory illness;
- Exacerbation of inflammatory arthritis or chronic illness such as diabetes;
- Deconditioning as a result of cancer or following cancer treatment

We work together to improve your capacity to undertake daily activities and to mobilise safely and independently at home and in the community.

People caring for people.

[mtwilgaprivate.com.au](http://mtwilgaprivate.com.au)



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



## How can I benefit from the Day Program?

The day program will address your specific needs and may include:

- A combination of land and water based physiotherapy intervention to assist in increasing physical capacity, stamina and endurance over the course of the program
- A graduated gym-based exercise program focussing on improving walking tolerances, general strengthening, mobility, functional balance and concurrent education regarding self-management activities.
- Occupational Therapy to maximise independence and confidence in daily activities, including personal care, domestic, community, driving, vocational and avocational activity.
- Dietetic education about nutrition and appropriate dietary habits relevant to your condition
- Other patient education relevant to your condition to assist with self-management, access to community resources and lifestyle change.

## How long is the Day Program?

Your program will run for approximately 4-6 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 and make an outpatient appointment with one of our Rehabilitation Physicians.

## Do you have transport?

We understand that following your surgery or other complications, 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?

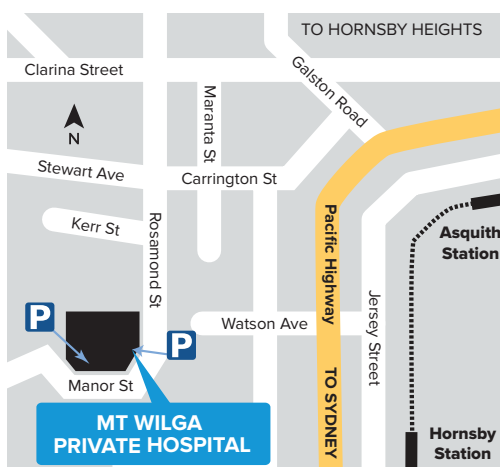
If you have comprehensive private health insurance in rehabilitation you will be covered, however, we will check with your health fund prior to your admission.

## How do I find out more information?

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

or further information, please 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](http://mtwilgaprivate.com.au)

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