

# Outpatient Services

Conveniently located at Mt Wilga Private Hospital

AQUA TIMETABLE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00	AQUA ARTHRITIS CLASS	AQUA ARTHRITIS CLASS	AQUA ARTHRITIS CLASS	AQUA ARTHRITIS CLASS	AQUA ARTHRITIS CLASS
	8:15					
	8:30					
	8:45					
	9:00					
	9:15	INDEPENDENT HYDRO	INDEPENDENT HYDRO	INDEPENDENT HYDRO	INDEPENDENT HYDRO	INDEPENDENT HYDRO
	9:30					
	9:45					
	10:00					
	10:15					
	10:30	AQUATIC PHYSIOTHERAPY	AQUATIC PHYSIOTHERAPY	AQUATIC PHYSIOTHERAPY	AQUATIC PHYSIOTHERAPY	AQUATIC PHYSIOTHERAPY
	10:45					
	11:00					
	11:15					
	11:30					
	11:45	AQUA ARTHRITIS CLASS	AQUA ARTHRITIS CLASS	AQUA ARTHRITIS CLASS	AQUA ARTHRITIS CLASS	AQUA ARTHRITIS CLASS
	12:00					
	12:15					
	12:30					
	12:45					
	13:00					
	13:15					
	13:30					
13:45						
14:00						
14:15	AQUATIC PHYSIOTHERAPY	AQUATIC PHYSIOTHERAPY	AQUATIC PHYSIOTHERAPY	AQUATIC PHYSIOTHERAPY	AQUATIC PHYSIOTHERAPY	
14:30						
14:45						
15:00						
15:15						
15:30	OSTEOARTHRITIS MANAGEMENT PROGRAM (OAMP)	OSTEOARTHRITIS MANAGEMENT PROGRAM (OAMP)	OSTEOARTHRITIS MANAGEMENT PROGRAM (OAMP)	OSTEOARTHRITIS MANAGEMENT PROGRAM (OAMP)	OSTEOARTHRITIS MANAGEMENT PROGRAM (OAMP)	
15:45						
16:00						
16:15						
16:30						
16:45	PRENATAL AQUA	PRENATAL AQUA	PRENATAL AQUA	PRENATAL AQUA	PRENATAL AQUA	
17:00						
17:15						
17:30						
17:45						
18:00						
18:15						
18:30						
18:45						
19:00						

GYM AND STUDIO TIMETABLE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00	PHYSIO PILATES (SENIORS)	INDEPENDENT GYM	INDEPENDENT GYM	INDEPENDENT GYM	INDEPENDENT GYM
	8:15					
	8:30					
	8:45					
	9:00					
	9:15	STAND STRONG EXERCISE CLASS	STAND STRONG EXERCISE CLASS	STAND STRONG EXERCISE CLASS	STAND STRONG EXERCISE CLASS	STAND STRONG EXERCISE CLASS
	9:30					
	9:45					
	10:00					
	10:15					
	10:30					
	10:45					
	11:00					
	11:15					
	11:30					
	11:45	PARKINSON'S EXERCISE CLASS	PARKINSON'S EXERCISE CLASS	PARKINSON'S EXERCISE CLASS	PARKINSON'S EXERCISE CLASS	PARKINSON'S EXERCISE CLASS
	12:00					
	12:15					
	12:30					
	12:45					
	13:00	STAND STRONG EXERCISE CLASS	STAND STRONG EXERCISE CLASS	STAND STRONG EXERCISE CLASS	STAND STRONG EXERCISE CLASS	STAND STRONG EXERCISE CLASS
	13:15					
	13:30					
13:45						
14:00						
14:15	OSTEOARTHRITIS MANAGEMENT PROGRAM (OAMP)	OSTEOARTHRITIS MANAGEMENT PROGRAM (OAMP)	OSTEOARTHRITIS MANAGEMENT PROGRAM (OAMP)	OSTEOARTHRITIS MANAGEMENT PROGRAM (OAMP)	OSTEOARTHRITIS MANAGEMENT PROGRAM (OAMP)	
14:30						
14:45						
15:00						
15:15						
15:30	PHYSIO PILATES (SENIORS)	INDEPENDENT GYM	INDEPENDENT GYM	PHYSIO PILATES (SENIORS)	INDEPENDENT GYM	
15:45						
16:00						
16:15						
16:30						
16:45	PHYSIO PILATES	PHYSIO PILATES	PHYSIO PILATES	PHYSIO PILATES	PHYSIO PILATES	
17:00						
17:15						
17:30						
17:45						
18:00						

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## GYM/STUDIO CLASSES

### Physio Pilates Class

Led by experienced Physiotherapists, this pilates-inspired class is designed to improve your posture, flexibility, strength, balance and body awareness.

Our small class sizes enable individual attention and customized exercises to target your individual goals. Suitable for all ages and abilities, including pre and post-natal women.

**Cost: \$300 per 10 week term**

### Independent Gym

Supervised by a therapy assistant, our independent gym sessions are popular with individuals whom are recovering from illness or injury and wish to improve strength and/or endurance. Participants have access to our gym facilities and are able to work through an individually prescribed exercise program independently and at their own pace.

**Cost: \$20 per session**

### Stand Strong Exercise Class

Our Strength and Balance Class focuses on increasing your upper and lower body strength as well as improving your balance. Under the guidance of an experienced Exercise Physiologist, this class aims to challenge your balance and help to prevent falls.

**Cost: \$28 per session**

### Osteoarthritis Management Program (OAMP)

This program principally focuses on management of osteoarthritis of the hip and knee, through self-management, exercise, weight control and education.

The goals of the group are to manage and control your symptoms; optimise and maintain function and quality of life; and slow disease progression. The aim is also to reduce or delay the need for surgery, or if surgery is required to maximise ability pre-surgery and optimise post-surgical recovery.

The program consists of land and/or water based exercise sessions run twice a week over six weeks with a physiotherapist and exercise physiologist. We can also arrange for an assessment with our Dietician during the program if you wish.

## PARKINSON'S PROGRAMS

### Parkinson's Exercise Class

Led by an Accredited Exercise Physiologist, this class comprises high-intensity circuit training and is perfect for individuals suffering with Parkinson's disease or Parkinson's Plus syndrome whom have recently completed our LSVT day program. For safety, participants must have normal cognition and balance and new participants require an assessment to ensure suitability.

**Cost: \$28 per session**

## HYDROTHERAPY PROGRAMS

### Aquatic Arthritis Class

Led by a therapy assistant, our aquatic arthritis classes are perfect for anyone suffering from arthritis. Classes comprise gentle water-based exercises aimed at improving joint movement, balance and strength.

**Cost: \$20 per session**

### Independent Hydro

Supervised by a therapy assistant, our independent hydro sessions are popular with individuals whom are recovering from illness or injury. Participants have access to our hydrotherapy pool and are able to work through an individually prescribed exercise program independently and at their own pace.

**Cost: \$15 per session**

### Aquatic Physiotherapy

Aquatic physiotherapy incorporates individual assessment and formulation of a treatment program appropriate to the clinical needs of the individual. Aquatic physiotherapy can assist with the rehabilitation of a variety of conditions including acute and chronic pain, musculoskeletal conditions, neurological conditions and following surgery or injury. Individuals will often transition from our small group aquatic physiotherapy sessions to Independent Hydro once they are confident with their exercise program.

**Cost: \$56.70 per session**

### Prenatal Aqua

Stay active and healthy throughout your pregnancy with our low impact exercise class, led by an experienced Physiotherapist with a special interest in Women's Health.

**Cost: \$65 for initial screening + class, \$25 for subsequent classes**

**Private Health Insurance Rebates:** A portion of your service may be covered under your private health insurance extras cover. Please check with your private health insurer if you are unsure of your cover. HICAPS facilities are available to assist in claiming your rebate.

The Ramsay Health Plus clinic is conveniently located at Mt Wilga Private Hospital

66 Rosamond St, Hornsby NSW 2077  
Ph (02) 9847 5015  
therapybookings.MWP@ramsayhealth.com.au  
ramsayhealthplus.com.au