



Mercy Health
Care first

Your important health information

Physiotherapy at MHW

What is Physiotherapy?

Physiotherapy can help to improve or restore movement and function when you or your child are affected by an injury, illness or a medical or physical condition.

Physiotherapy uses physical techniques, education and advice, as well as tailored exercise to improve movement, reduce pain, speed up the healing process and improve quality of life.

Why have I been referred for Physiotherapy?

The MHW Physiotherapy Department offers assessment and management of a range of Pelvic health and paediatric conditions.

Your doctor, midwife or other MHW health professional has referred you or your child to Physiotherapy for assessment and treatment of an injury, illness or medical or physical condition.

What to expect from a Physiotherapy appointment:

Your physiotherapist will be interested to understand the current history and the nature of you or your child's condition and how all symptoms relate together. They will ask about you or your child's goals of therapy and help to establish realistic timeframes for these. Your Physiotherapist may conduct a physical examination with your permission.

How to get the most out of my Physiotherapy appointments:

After you or your child's assessment is completed, there should be a clear plan regarding expectations of Physiotherapy to help you or your child to achieve your goals.

Physiotherapy management may include lifestyle changes and participation in a home exercise program.

You will be expected to take an active role in therapy and to work with your Physiotherapist on the strategies discussed. You will be supported by your Physiotherapist to self-manage you or your child's condition.

Other important information

- **It is important that if you need to cancel or change your appointment that you contact the Physiotherapy Department as soon as possible on (03) 8458 4141.**
- **If you fail to attend your first Physiotherapy appointment, please note all further appointments will be cancelled and you will be discharged from the service.**
- **If you fail to attend your follow up Physiotherapy appointment on 2 occasions, all further appointments will be cancelled and you will be discharged from the service.**



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Further Information

If you have any questions regarding this information, please contact:

Physiotherapy Department

Mercy Hospital for Women

Phone 03 8458 4141