

Where do I go?

Enter the hospital via the front entrance and present to front reception.

Then proceed to the blue wait room located to the left of front reception. Your physiotherapist will meet you there.

What should I wear?

- It is best to wear comfortable clothing to physiotherapy so that you are able to participate in exercise.
- Comfortable enclosed footwear such as runners are also recommended.

What should I bring?

- If you use a walking aid, such as a walking stick or crutches, please bring them along to your session
- Imaging results eg. X-ray reports
- Doctor's letters
- Hydration – water bottles are always welcome!



Consumer Approved

Kyabram District Health Service

Kyabram Health

Fenaughty St, Kyabram VIC 3620

Ph. (03) 5857 0200

Email. info@kyhealth.org.au

Monday - Friday; 8.30am to 5.00pm

Stanhope Health

35 Birdwood Ave, Stanhope VIC 3623

Ph. (03) 5857 0451

Email. comhealth@kyhealth.org.au

Monday, Tuesday, Thursday, Friday;
8.30am to 5.00pm

Tongala Health

37 Mangan St, Tongala VIC 3621

Ph. (03) 5857 0245

Email. chtongala@kyhealth.org.au

Monday; 10.00am to 2.00pm
Wednesday, Thursday, Friday; 8.30am to 5.00pm



Our Values

Empathy

Wellbeing

Community

Exercise
Physiology

www.kyhealth.org.au

Healthy Community.
Local Care.



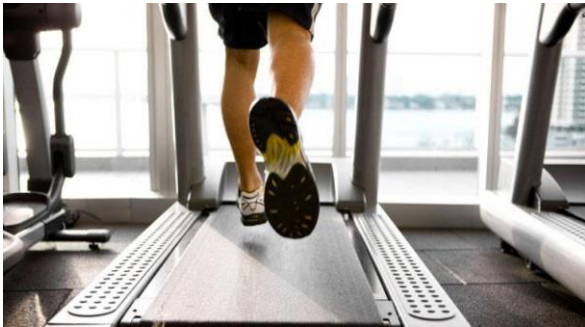
KYABRAM DISTRICT
HEALTH SERVICE

Exercise Physiology. What is it?

Exercise Physiologists at Kyabram District Health Service hold a four-year equivalent university degree and specialise in the exercise and management for the prevention and management of chronic disease and injuries.

Exercise Physiology has a focus on prevention of health issues and self-management strategies. Services may be provided individually or in a group setting.

Our Exercise Physiology department provides treatment and care to outpatients, pre-operative patients and is also involved in community education and exercise programs.



Outpatient Services

Patients are commonly referred for exercise treatment of conditions such as:

- Obesity
- Cardiovascular Disease
- Diabetes
- Osteoporosis and Osteoarthritis
- Mental health conditions
- Cancer and cancer treatment recovery
- Chronic pain and fatigue
- Post-surgical rehabilitation
- Neuromuscular exercise therapy
- Pulmonary disease and more

Referrals

You can be referred by your doctor, specialist or health professional.

Community Education Programs

The Exercise Physiologist is able to give expert advice in many health programs conducted by Community Health including:

- Cardiac rehabilitation
- Diabetes education
- Men's Health
- Pulmonary rehabilitation
- Life! Program
- Strength and balance
- Independent gym

