

Physiotherapy

Blue Care is uniquely positioned as one of Australia's leading residential aged care, community care and retirement living providers. We are founded on a compassionate approach to care and our reputation is built on our highly experienced team who work in more than 260 centres, in 80 communities across Queensland and northern New South Wales.

Blue Care's Allied Health service is made up of a multidisciplinary group of healthcare professionals, including Physiotherapists, who provide comprehensive assessment, diagnosis, treatment and advisory services to clients.

Physiotherapists diagnose, treat, and help prevent problems associated with movement. This can include relieving pain, improving strength and restoring limb function.

Our experienced Physiotherapists help clients lead a healthy and mobile lifestyle through a combination of therapeutic exercise and rehabilitation to manage injury and disability.

Depending on your individual needs, our Physiotherapists can provide support with the following:

- Restoring strength, balance and confidence following a fall
- Decreasing pain and restoring movement in stiff or sore joints
- Educating and assisting clients who have difficulty with breathing
- Designing exercise programs to improve strength, flexibility and function
- Providing advice and support in obtaining appropriate aids and equipment such as crutches, wheelchairs, walking frames and splints

- Advising clients on strategies and techniques to improve continence
- Training carers in how to assist people within their care.

Blue Care's Physiotherapists also host sessions and group programs to support clients and their carers with information and advice.

Referrals to Blue Care's Physiotherapy services may come from the client, carer, residential facility, health professional, family member or friend.

For further information on the availability of Physiotherapy services in your area, please contact us. Our friendly team can talk to you about your specific needs and develop and individualised program of care.

1300 BlueCare
1300 258 322
www.bluecare.org.au