

Our Program

The **Stable, Steady & Able** balance and falls prevention program is designed for individuals with balance and functional difficulties, in particular those with neurological conditions such as Multiple Sclerosis, stroke and Parkinson's Disease.

The program combines strengthening, balance and functional exercises within a safe environment in order to help maintain and improve activities of daily living.

The program includes:

- ✓ 1 x Initial assessment with a physiotherapist
- ✓ 4 x Weekly one on one physiotherapy visits (for clients eligible for an EPC plan)
- ✓ Low cost to private group classes
- ✓ Monthly reviews
- ✓ On-going physiotherapy supervision and monitoring
- ✓ Social outlet with a great group of like minded people

Contact us to find out how to improve your balance and quality of life 02 4647 1134



Supervised by members of the Australian Physiotherapy Association

Southwest *Wellness* Centre

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*Program designed & developed by
Difference Health Group*

Difference Health Group

Difference Physiotherapy **Difference** Dietetics **Difference** Podiatry **Difference** Personal Training Studio
Difference Exercise Physiology **Difference** Psychology **Difference** Massage Therapy



*Better Balance
Better Function
Better Life*

The Stable, Steady & Able Program

The Stable, Steady & Able program has been designed for individuals who have neurological conditions and/or difficulties with balance and daily activities. The program is run by highly experienced physiotherapists.

One on One Physio Session

The program includes one initial physiotherapy assessment and the option of additional one on one physiotherapy sessions. For those who are eligible for an Enhanced Primary Care Program (EPC), your program includes bulk billed physiotherapy sessions, including your initial assessment.

The Class

Circuit-based classes where participants perform various strengthening, functional and balance exercises throughout several stations. Each station is specifically catered to the individual with varying degrees of difficulty depending

Is the program for you?

This program suits people who have a;

- Diagnosis of a neurological condition
- Difficulty performing basic daily activities or
- Need just that extra bit of confidence and motivation to get back on track

The Benefits of the Program

The program combines a range of practitioners all working together to help you achieve your goal.

- The physiotherapist will assess and determine a suitable level of exercises for each individual
- You will gain continual access to the physiotherapist for any queries or concerns you may have during your time at Southwest Wellness Centre. This access includes face-to-face, phone or email
- Easy referral to other health professionals within our multi-disciplinary clinic, including podiatry, exercise physiology, dietician, psychology, occupational therapy, massage therapy and life coaching
- By joining into a multi-disciplinary health care centre, you are ensuring that you have the best opportunity to maintain and improve your wellbeing



Our Facility

The program is run in the Southwest Wellness Centre, which means clients have access to a range of health professionals in the same location.

The centre facilities include a 250m² exercise studio, podiatry clinic, private shower/bathroom, fully equipped physiotherapy clinic, remedial massage, ducted air conditioning and much more. Contact us today 4647 1134 to find out how WE can help YOU!

