

# Day Therapy Program



**EDEN**  
Rehabilitation Centre  
[www.edenrehab.com.au](http://www.edenrehab.com.au)



## Rehabilitation

Do you need a helping hand to get back on your feet again following surgery, prolonged illness, injury or general debilitation?

Or perhaps a pre-operative rehabilitation program might help you improve your fitness prior to surgery to facilitate a speedier recovery.

Whatever your situation, a personalised rehabilitation program can help you function more independently and safely and help reduce the risk of further complications.

Eden Rehabilitation Centre is the only private rehabilitation hospital between the northside of Brisbane and Cairns.

Located in the hinterland town of Cooroy, just 20 minutes from Noosa, Eden offers the full spectrum of rehabilitation programs – from inpatient hospitalisation through to outpatient allied health services and a Day Therapy Program.

## Day Therapy Program

Eden's Day Therapy Program is suitable for people who can benefit from rehabilitation but can still manage at home and do not require hospitalisation.

*This includes people who are:*

- preparing for orthopaedic surgery (e.g. joint replacement surgery)
- recovering from orthopaedic surgery
- deconditioned (e.g. after surgery, illness or general poor health and fitness)
- at risk of falls / have a history of falls or balance problems
- recovering from Stroke or other neurological condition

Comprising two half-day visits each week for a period of six weeks, Eden Rehabilitation Centre's Day Therapy Program is personalised to meet your individual needs.

*Your program will be overseen by our experienced Specialists in Rehabilitation Medicine, and may comprise any combination of the following services:*

- Physiotherapy
- Occupational Therapy
- Exercise Physiology
- Hydrotherapy
- Speech Pathology
- Dietitian
- Psychology

Our multidisciplinary teams of experienced, professional staff work together via an intensive rehabilitation program to help you regain your strength and/or mobility, relearn skills and find new ways of doing things – ultimately functioning with the highest possible level of independence.

Our rehabilitation gymnasium is fully-equipped with state-of-the-art exercise equipment and supervised by an experienced Exercise Physiologist and Physiotherapist to ensure your exercise program is appropriate.

**Specialist rehabilitation is in easy reach.**



## Pre-operative Day Therapy Program

You don't have to wait for an injury to happen or until after you have had surgery to realise the benefits of rehabilitation.

In fact, getting your body fit and ready for surgery can help you recover much more quickly.

The benefits of a pre-operative rehabilitation program for patients preparing for joint replacement surgery, for example, include:

- improved fitness prior to surgery
- faster recovery from surgery
- reduced length of stay in hospital
- less complications after surgery

Your pre-operative rehabilitation program will commence around six weeks before your scheduled surgery and will consist of two half-day sessions each week involving a team of healthcare professionals.

## What to bring with you

To be able to fully participate in your program, please:

- wear comfortable, loose-fitting clothing
- wear supportive, enclosed shoes (eg. joggers)
- bring swimwear and a towel if participating in hydrotherapy
- bring a drink bottle

## Cost

You will require a doctor's referral to participate in our Day Therapy Program. As a private hospital, Eden Rehabilitation Centre has agreements with most private health funds. We also have Tier One Provider Status with the Department of Veterans' Affairs and accept self-funded patients. This means that all therapy is covered by your health fund or Department of Veterans' Affairs.

## Travel Arrangements

Should you have difficulty finding transport between home and Eden Rehabilitation Centre, we will happily organise complimentary transport to and from the Day Therapy Program. Simply ask our administration staff and they will make the necessary arrangements.



Specialist rehabilitation is in easy reach.



## Come for a visit

Rehabilitation is a specialist field.

Eden Rehabilitation Centre is the leader in providing private rehabilitation services here on the Sunshine Coast and beyond.

If you would like to visit us for a tour of our facilities and meet our staff prior to attending the Day Therapy Program, we would be more than happy to welcome you.

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