

Physiotherapy

Building strength everyday



Physiotherapy supports older people to maintain their independence and improve their quality of life.

Our experienced physiotherapists can recommend interventions to improve your mobility, balance, strength and flexibility through exercises, manual therapy and education on injury prevention and safe movement.

With our physiotherapy services you:

- Get personalised advice for managing pain, improving posture and engaging in exercises promoting a healthy lifestyle and independence
- Experience one-on-one therapy with targeted exercises for various health issues like balance, strength and pain management
- Join group programs for education and evidence-based interventions, enhancing overall quality of life.

What does it cost?

We offer physiotherapy services through Support at Home and the Commonwealth Home Support Programme, as well as private services.





Physiotherapy group-based programs

Our group-based programs are designed to improve your physicality and help retain your independence at home.

We'll conduct a pre-assessment to ensure your suitability to the program and collaborate with you to set achievable goals. These programs run weekly at our Wantirna South centre, with ongoing reviews and assessments to ensure your needs and goals are met.

Better Balance Group

Designed by physiotherapists and occupational therapists, this eight-week program focusses on balance, muscle strength and general fitness to help improve your balance and reduce your risk of falls.

Chronic Pain Management Group

Manage chronic pain with evidence-based strategies. Using a multi-disciplinary approach, this eight-week program draws on the expertise of physiotherapists, occupational therapists and a dietitian.

Why choose VMCH?

- Group-based programs that offer social engagement
- Trusted by older Victorians across the state
- Culturally safe and inclusive service.

We take a respectful, coordinated approach that puts your goals first.



1300 919 850
wellnessreception@vmch.com.au

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