

GETTING READY FOR SURGERY OF THE:

- HIP
- KNEE
- ANKLE
- SHOULDER
- BACK

PLAN YOUR REHAB NOW



PROGRAM GOALS

Following surgery, our expert multidisciplinary team are here to support you through your recovery.

Designed by medical and allied health experts, our personalised program helps you:

- Rebuild strength and endurance
- Improve joint range
- Manage pain
- Regain confidence & stay active

START TODAY

- Simply contact your GP or Specialist for a referral to one of our hospitals
- Use the QR code to submit an online enquiry
- Or call and speak to a professional team member

Northern Beaches

Delmar



(02) 9982 7655

Manly Waters



(02) 9977 9977

Lower North Shore

Longueville



(02) 9427 0844

Who can Join The Program?

Following any Orthopaedic surgery such as joint replacement, spinal surgery, fractures, Ligament/tendon/meniscus repair

No Gap Payment

We've partnered with all major health funds for no out-of-pocket costs with eligible patients. We accept DVA, WC, CTP & self-funded patients

The Program:

- Rehabilitation Physicians design a recovery plan tailored to your procedure and provide medication management
- Nurses assist with pain management, wound care and regaining independence
- Physiotherapists & Exercise Physiologists guide you through a personalised program to improve mobility, range of motion and strength
- Occupational Therapists help to maximize function and independence in daily living skills
- Dietitians provide nutritional guidance to support muscle repair, bone health, and overall recovery.
- Social workers offer emotional support, assist with discharge planning and connecting patients with necessary resources

