empower HEALTHCARE

WE CHANGE LIVES

Physiotherapy

Experienced Physiotherapists supporting people to achieve independence and increased capacity

Our mobile Physiotherapists use practical, evidence-based Physiotherapy to support older adults and people living with chronic or complex conditions to stay stronger, safer and more confident in everyday life.

Whether help is needed to address short term problems or on an ongoing basis, our friendly and knowledgeable team of Physios are ready to help.

Our therapists will tailor treatment plans to meet collaborative, participant-centered goals, enabling participants to feel more confident and better equipped to complete their daily activities.

Empower supports people with a range of Physiotherapy services including:

- **Mobility assessment**
- **Falls risk Assessment & Prevention**
- **Chronic Pain Management**
- **Cardiopulmonary Rehabilitation**
- **Neurological Rehabilitation**
- **Post-operative & Musculoskeletal Rehabilitation**
- **Rehabilitation & Conditioning Programs**
- **Chronic Disease Management**

Support can be in-person or via Telehealth

A Comprehensive, Two-Step Approach to Care

1 Clinical Assessment

- Focus: History, pain, mobility, and home safety.
- Goal: Establishes baseline safety and guides next steps.

2 Planning & Goal Setting

- Focus: Physical testing, outcome measures, and custom treatment planning.
- Goal: Collaboration on goals, home exercises, and equipment needs.

Why Two Sessions?

- Prevents Fatigue: Breaks up the process so elderly participants aren't overwhelmed.
- Holistic & Thorough: Ensures a complete, goal-focused plan without rushing.

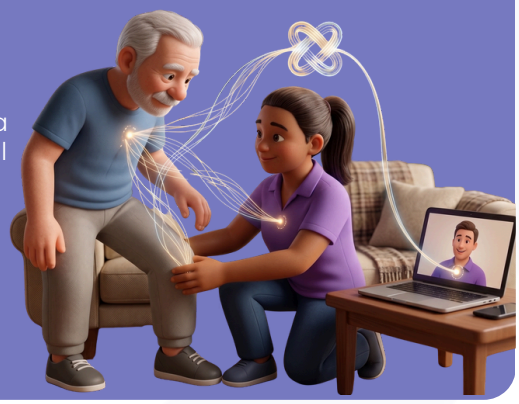
Limited Funding? Contact us to discuss modified approach options.

HOMELINK

A hybrid of home AHA and Physio online care, connected and working together

HomeLink is our hybrid Physiotherapy and AHA service model designed to delivery quality care in the comfort if a participant's home. In this model, a skilled Allied Health Assistant provides the essential physical presence in the room to support safety and communication.

- Enhanced frequency and affordability
- Improved clinical access
- Continuity of care



Discuss your referrals today.
Call our team on **1300 043 578** or start now with our quick and easy **online referral form**

Empower Allied Health Assistants work in close collaboration with our Physiotherapists, ensuring seamless care and clear escalation pathways to help participants achieve their goals and live their best lives.