Rehabilitation Programs and Services
Epworth HealthCare provides multidisciplinary, individualised programs for patients requiring inpatient, outpatient and community rehabilitation programs. Our programs are tailored to our patients’ needs and work towards returning individuals to as independent and functional a lifestyle as possible.
Musculoskeletal

We offer a comprehensive, individually based orthopaedic rehabilitation program involving a multidisciplinary team including specialists in rehabilitation medicine, nursing, physiotherapists, occupational therapists, social workers and dietitians.

Intensive inpatient and outpatient programs aim to return the individual to optimal independence. Across all four rehabilitation sites, dedicated rehabilitation therapists specialise in joint replacement, fractures, spinal surgery and musculoskeletal dysfunction.

The orthopaedic rehabilitation team assesses each patient and devises a specific rehabilitation program based on the needs and goals of the patient and his/her family.

Available at:
Epworth Brighton
Epworth Camberwell
Epworth Hawthorn
Epworth Richmond

For referrals and enquiries please contact: 1300 46 REHAB or rehab@epworth.org.au

Orthopaedic Trauma Rehabilitation

Orthopaedic trauma rehabilitation at Epworth provides comprehensive programs for both inpatients and outpatients. Rehabilitation programs are offered to patients who have sustained traumatic orthopaedic injuries, along with minor brain injuries and complex wounds and burns following an accident, including motor vehicle and work-related accidents.

Rehabilitation programs are specifically designed to meet individual needs. Staff in orthopaedic trauma work as an interdisciplinary team; skilled to support, guide and encourage patients towards independence.

Other services offered in the Orthopaedic Trauma Program include:
• Vocational services (return-to-work)
• Driver Rehabilitation Program
• High Level Mobility - Running Group
• Hydrotherapy
• Bike Education

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Epworth Hawthorn

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Orthopaedic

Multi Trauma Orthopaedic (MTO)

INPATIENT

OUTPATIENT

INPATIENT

OUTPATIENT
Hand Therapy

Hand therapy for the rehabilitation of conditions affecting the hand and upper limb is available for both inpatients and outpatients. Therapy includes the assessment and treatment of non-surgical and surgical conditions.

Following a detailed assessment, treatment may include:
- Condition specific exercises
- Oedema management
- Desensitisation
- Sensory re-education for nerve injuries
- Custom splinting
- Education regarding adaptive techniques
- Provision of adaptive equipment and return to work
- Scar management

All interventions are supported by the use of clinical outcome measures to accurately document progress.

Available at:
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- Epworth Hawthorn
- Epworth Richmond

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High Level Mobility Running Group

The Physiotherapy Department at Epworth conducts a running group for patients with high level mobility problems.

The purpose of the running group is to:
- Teach people how to run, if only for a few steps
- Improve high level mobility skills in order to access social, leisure and sporting activities
- Improve community mobility to allow people to keep up with peers when walking, accessing public transport and crossing roads as well as to develop the endurance to walk longer distances
- Improve mobility to promote health, fitness and weight loss

Available at:
- Epworth Camberwell
- Epworth Hawthorn
- Epworth Richmond

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Hydrotherapy

Hydrotherapy is an adjunctive therapy to land-based therapy in the management of a multitude of conditions.

The pool is set at a constant temperature of 34°C. Access is provided via wide, shallow steps or a hoist for those unable to walk.

Therapeutic benefits include:
- Exercising in a weight assisted environment, thereby allowing for early mobilisation following injury
- Buoyancy that assists with strengthening, coordination and balance problems and improves movement control
- Warmth of the water that promotes muscle relaxation, increasing joint range and mobility and relieving pain
- Increasing cardiovascular fitness

Available at:
- Epworth Brighton
- Epworth Camberwell
- Epworth Richmond

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The Exercise Physiology team conducts a Bike Education Program for all appropriate patient populations, including acquired brain injury, multitrauma orthopaedic and amputee. The aims of the program include:
• Increased independence
• Providing patients with a mode of transport to assist with community activities of daily living
• Providing social and recreational opportunities
• Ongoing means of improving health and fitness

Available at:
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Epworth Hawthorn
Epworth Richmond

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The primary aim of the Amputee Program is to return patients home, into their community and functioning well. This comprehensive program is offered to both inpatients and outpatients. The team goal is to meet the patient’s identified needs, and thereby optimise the individual’s functional independence. The dedicated rehabilitation team includes onsite:
• Specialists in rehabilitation medicine
• Pain management physicians
• Prosthetists
• Rehabilitation nursing staff
• Physiotherapists
• Exercise physiologists
• Occupational therapists
• Clinical psychologists
• Social workers
• Dietitians
• Pharmacists
• Pastoral Care staff

Available at:
Epworth Hawthorn

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Epworth’s pain management program targets individuals with injuries or pain conditions that result from illness, work injury or road trauma and have not responded to standard rehabilitation programs.

Rehabilitation consultants work closely with all allied health services, including physiotherapy, occupational therapy, psychology and exercise physiology to ensure a tailored service is provided to each individual.

WorkSafe, TAC, DVA and private individuals are accepted pending a medical referral and approval by the relevant health fund.

Available at:
Epworth Brighton
Epworth Camberwell
Epworth Richmond

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Chronic Pain Program

Epworth’s Chronic Fatigue Program is patient and family-focused, drawing on the skills and resources of the multidisciplinary team of medical, nursing and allied health staff.

The initial point of contact following referral is a telephone review and appointment booking via the inpatient or outpatient coordinator as appropriate. Following admission, each patient is assigned a case coordinator to assist in care planning and community liaison.

Program objectives include:
- To assist the individual to maintain functional independence and self management
- To re-establish and maintain the ability of an individual to participate in all activities required to maintain a desired lifestyle

Available at:
Epworth Brighton

For referrals and enquiries please contact: 1300 46 REHAB or rehab@epworth.org.au

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Pain and Chronic Fatigue
The Pulmonary Rehabilitation Program is designed to maximise health through exercise, education and support. The program is provided for inpatients and outpatients and aims to:

• Decrease disability by regaining strength and endurance lost as a result of inactivity and steroid-induced muscle weakness
• Reduce symptoms of breathlessness and fatigue by improving exercise capacity and teaching pacing, as well as energy conservation strategies
• Target mood disturbances such as anxiety and depression, as well as providing practical coping strategies and counselling to improve competence and mastery
• Improve overall quality of life, including increased participation in physical and social activities

Specific issues such as medications and their use, nutrition, home oxygen therapy, sputum clearance techniques, home set-up and support services and community supports are also addressed as part of the Pulmonary Rehabilitation Program.

Available at:
Epworth Brighton
Epworth Camberwell

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The Sleep Unit offers comprehensive overnight studies to observe and diagnose a wide range of sleep disorders such as periodic limb movement disorder, narcolepsy and insomnia. Additional services provided by the Sleep Unit include a Continuous Positive Airway Pressure (CPAP) Therapy Clinic and multiple sleep latency testing.

Available at:
Epworth Camberwell

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The specialised Acquired Brain Injury (ABI) Unit is internationally recognised for its expert care and innovative research programs with academic links to all Victorian universities. The inpatient and outpatient programs provide treatment for people from the early stages after emerging from a coma through to addressing issues relating to their return to community living. Therapy teams including specialists in rehabilitation medicine, nurses, physiotherapists, psychologists, speech pathologists, occupational therapists, social workers, dietitians and vocational counsellors, develop goals with patients and their families aimed at maximising a person’s level of independence following ABI.

Using a patient-orientated system of teamwork, individual and group therapy programs are instituted for both inpatients and outpatients using the latest techniques and equipment for both cognitive and physical rehabilitation. Two community-based programs are also available for brain injury patients; the Community Integration Team (CIT) and the Transitional Living Centre (TLC). A key element of the program is that patients are followed up for many years following initial presentation, enabling early identification and management of difficulties that can occur following resumption of normal life.

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Epworth Richmond

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The Spasticity Management Clinic was established in 2009 by a multidisciplinary team. The purpose of the clinic is to evaluate spasticity in upper and lower limbs as a result of neurological conditions such as stroke, traumatic brain injury and multiple sclerosis. Treatment initiated in the clinic includes physiotherapy and occupational therapy as well as the use of botulinum toxin where appropriate for those with focal spasticity.

Available at:
Epworth Richmond

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A multidisciplinary inpatient and outpatient program has been developed for patients with Parkinson’s Disease (PD). This service aims to ensure that every opportunity is provided for patients to achieve their full potential by promoting independence and assisting with strategies to assist patients and their families cope with a change in health status.

Epworth employs speech pathologists certified in the delivery of the LSVT® (Lee Silverman Voice Treatment) LOUD program. This is an intensive program targeting increasing vocal loudness, intelligibility, facial expression and confidence in Parkinson’s patients.

Well defined links with the Epworth Clinic (mental health service) enables a holistic approach and provision of care for those patients who require additional support.

Available at:
Epworth Brighton
Epworth Camberwell
Epworth Richmond

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Epworth runs a comprehensive, multidisciplinary Falls and Balance Clinic, accepting both inpatient and direct outpatient referrals. This program aims to:
• Improve physical wellbeing
• Increase confidence and independence, especially with mobility and community access
• Minimise risk of falling and the consequences of falls in the at-risk populations

The program includes physiotherapy and occupational therapy, as well as psychology services, as required. The physiotherapy component involves individualised balance retraining, stretching and strengthening exercises, and gait re-education, which all work to improve endurance. Gait aids are prescribed when required.

The occupational therapy role addresses education and practice of safety strategies for completing activities of daily living. A home assessment, community access training and prescription of modifications and aids may also be covered.

Available at:
Epworth Brighton
Epworth Camberwell

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Cardiac Rehabilitation

Epworth provides comprehensive cardiac rehabilitation aimed at:
• Maximising physical functioning and recovery
• Assisting and encouraging behaviours that minimise the risk of further cardiac problems
• Improving confidence, psychological and social functioning
• Enabling patients to resume a normal lifestyle

The intensive programs provide education, encouragement and opportunity to practise lifestyle changes in daily activities as well as help to build community support networks for patients and their families.

Available at:
Epworth Brighton
Epworth Camberwell

For referrals and enquiries please contact:
1300 46 REHAB or rehab@epworth.org.au

Breast Cancer Rehabilitation Program

The Breast Cancer Rehabilitation program provides specialist support for women with localised breast cancer following the completion of their acute treatment. It is specifically tailored to women experiencing physical limitations such as fatigue and loss of strength, as well as any emotional issues related to the treatment or their future post breast cancer. It is designed to empower women to regain their sense of self through education related to diet, finances, relationships, body image, supports and exercise.

Available at:
Epworth Camberwell
Epworth Hawthorn

For referrals and enquiries please contact:
1300 46 REHAB or rehab@epworth.org.au
Following an injury or illness, physical and cognitive problems may affect a person’s ability to drive safely. Epworth was the first facility in Australia to commence occupational therapy driver assessment and rehabilitation. The Driver Rehabilitation Program aims to assist people to return to driving when they are safe and ready.

All referrals to the program must also include a medical clearance report.

The program includes:
- Off-road assessment which reviews vision, physical problems, reaction times, driving history and knowledge of road laws
- On-road assessment in a dual control car with a driving instructor, who provides driving directions and maintains vehicle safety and an occupational therapist who conducts the assessment
- If issues are identified through the assessment process, an individualised program is developed to assist the person to return to driving where possible
- A report is forwarded to VicRoads with recommendations which may include: return to driving, driving lessons, a restricted licence or licence suspension if the driver is considered to be unsafe

Available at:
Epworth Hawthorn
Epworth Richmond

For referrals and enquiries please contact:
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Vocational rehabilitation involves transitioning individuals back into the workforce following their injury or illness. The vocational occupational therapist is a return-to-work specialist whose role involves coordinating the return-to-work program by liaising with individuals, their employer and their treating team. This service involves assessment of the workplace and duties, and development of a written graded return-to-work plan. Regular reviews are conducted in the workplace to monitor progress and new return-to-work plans are then prepared that outline any changes to work hours and responsibilities.

Vocational counselling can also be provided to explore alternative employment or work related course options for those who are unable to return to their previous employment where appropriate.

Available at:
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Epworth Camberwell
Epworth Hawthorn
Epworth Richmond

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Community Integration Team

The Community Integration Team is comprised of dedicated Rehabilitation Specialists and allied health professionals who implement home or community based therapy programs for people with brain injuries, which include the following:

- Providing individual therapy at a person’s home, work, school, gym or local community
- Providing training in improving every day living skills
- Preparing people for return to study or the workforce
- Counselling for individuals and their families
- Assessing and revising the need for support/services/equipment within the home
- Assistance to find local community services
- Review and provision of therapy services for clients with lifetime support needs
- Neuropsychological assessment and intervention

The program may be provided in conjunction with other therapy.

For referrals and enquiries please contact: 1300 46 REHAB or rehab@epworth.org.au

Transitional Living Centre

This service provides a unique rehabilitation program assisting persons with brain injury regain skills to enable them to return to live at home and function in the community.

The Transitional Living Centre (TLC) is staffed by a skilled specialist team comprising allied health and rehabilitation specialists. This residential program is tailored to meet the needs of individuals and builds on their ability to regain skills.

The program may be provided in conjunction with other therapy. The TLC is available for patients who have a brain injury, with and without insurance cover.

For referrals and enquiries please contact:
4/33 Pender St
Thornbury VIC 3071
Phone 03 9416 9820
Email tlc@epworth.org.au

For referrals and enquiries please contact:
1300 46 REHAB or rehab@epworth.org.au
Our Locations

Epworth Brighton
- 85 Wilson Street
  - Brighton Vic 3186
  - Phone: 03 9592 9200
  - Fax: 03 9593 1276
  - Email: rehab@epworth.org.au

Epworth Camberwell
- 888 Toorak Road
  - Camberwell Vic 3124
  - Phone: 03 9809 2444
  - Fax: 03 9889 6756
  - Email: rehab@epworth.org.au

Epworth Hawthorn
- 50 Burwood Road
  - Hawthorn Vic 3122
  - Phone: 03 9415 5777
  - Fax: 03 9415 5788
  - Email: rehab@epworth.org.au

Epworth Richmond
- 89 Bridge Road
  - Richmond Vic 3121
  - Phone: 03 9426 6666
  - Fax: 03 9427 0353
  - Email: rehab@epworth.org.au