

Physiotherapy Wellness Packages

Steady Steps



 **plena**
Healthcare



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Physiotherapy

Unlocking better health with Plena Healthcare

Plena's mission is to empower individuals by delivering tailored, holistic assessments and physiotherapy services designed to foster wellness and support reablement.

We believe that true health is multi-dimensional, with physical well-being intricately connected to emotional, social, and environmental factors. Our approach goes beyond addressing immediate physical concerns, focusing on the bigger

picture to help individuals achieve or regain their overall health and wellness. By considering the whole person – not just their symptoms – we aim to create personalised pathways that support recovery, resilience, and sustained well-being.

Wellness plans we offer! If you'd like to read more about our tailored wellness plans, please click below.

-  **Steady Steps**
Balance and Falls Prevention This pack
-  **Joint and Neurological Health**
Musculoskeletal & Neurological Wellness Program
-  **Heart and Lung Health**
Cardiac and Respiratory Wellness Program
-  **Out and About**
Community Access and Pre/Post Operative Care

Empowering individuals through our wellness plans

We create personalised, evidence-based treatment plans designed to ease a clients symptoms while helping them to regain independence and improve their overall quality of life whilst staying comfortable, living in their own home.



Education

Providing the client with knowledge and tools to better understand their health and recovery journey.



Self-advocacy

Encouraging clients confidence in making informed decisions about their own care.



Appealing therapy options

Offering varied and engaging therapeutic pathways that suit the clients preferences.



Tailored pathway designs

We craft tailored solutions that align with each clients unique goals and aspirations.

This multifaceted focus ensures our care supports each individual's journey to optimal health and well-being, helping them envision and actively pursue their pathway to success.



Steady Steps

Balance and Falls Prevention Program

ABOUT THIS PACKAGE

A beginner-friendly, balance-focused program aimed at preventing falls and enhancing stability through targeted exercises such as tandem walking, sit-to-stand drills, and reactive balance training. It also includes strength training, outdoor walking, falls education, and a personalised home exercise plan (HEP), with progressive challenges tailored to the clients needs.

CLINICAL OUTCOMES

The outcomes we aim to achieve through this program is to prioritise the individuals safety by reducing the risk of falls, improving balance, and building overall strength and mobility. Through a comprehensive and tailored approach, including personalised falls reviews, it helps boost the clients confidence, enhance independence, and promote long-term physical stability.



WELLNESS PROGRAM STRUCTURE



Onsite assessment with client

We will conduct a holistic assessment, which includes reviewing the client's medical and falls history, evaluating their function and ability, and assessing current gait aids, mobility, and balance. If necessary, we will recommend a home safety assessment to ensure that the client's environment supports their needs. Together, we will set personalised goals to guide therapy and explore any additional treatments that may benefit the individual.



Offsite assessment

We will then create a detailed assessment report, including a thorough analysis of needs with specific recommendations for the client and their home. Based on this, we'll set personalised goals, plan therapy sessions, and design a customised home exercise program (HEP) tailored to meet the individual.



Treatment sessions

 You will have **3x (1 hour) sessions per week**
—over a 12 week period

x3
PER WEEK

What the client will get from these sessions:

- Individualised therapy focused on the clients real life goals.
- Individual will receive education on home safety, falls prevention, and energy-saving techniques.
- Dynamic strength and balance exercises aimed at restoring clients function and mobility.
- We'll perform task practice for care transfers and specific activities of daily living i.e. walking around the shopping centre/accessing the community.
- Indoor and outdoor mobility practice.
- Onsite or offsite equipment trials for mobility aids and associated supporting documentation for prescriptions.
- End of cycle review which will include further goal-setting and planning.
- Where indicated, our therapists will utilise session time to complete a Home Safety Assessment and the associated report.

How to book

In order to make a booking for you or a loved one to receive one of our packages, please fill out our **In-Home Allied Health Referral Form** and email it to: community@plenahealthcare.com.au

A member of our team will contact you

 **In-Home Allied Health Referral Form**



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