

# Physiotherapy Wellness Packages

Heart and Lung Health



 **plena**  
Healthcare



136 033



[community@plenahealthcare.com.au](mailto:community@plenahealthcare.com.au)



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.

-  **Heart and Lung Health**  
Cardiac and Respiratory Wellness Program This pack
-  **Steady Steps**  
Balance and Falls Prevention 
-  **Joint and Neurological Health**  
Musculoskeletal & Neurological 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.



# Heart and Lung Health

## Cardiac and Respiratory Wellness Program

### ABOUT THIS PACKAGE

This is a gentle heart and lung rehabilitation program aimed at improving cardiovascular and respiratory health through low-intensity aerobic exercises, walking, strength training, and breathing exercises. It also includes education, continuous heart and respiratory monitoring, and a personalised home exercise program (HEP) for ongoing support.

### CLINICAL OUTCOMES

The outcomes we aim to achieve through this program is to enhance cardiovascular fitness, build strength, and improve lung function. With tailored exercises and continuous monitoring, it supports better heart health, easier breathing, and increased endurance and confidence. This will lead to safer and steady recovery from acute or chronic conditions, reduces health risks, and helps minimise the need for hospitalisation, all within a supportive and carefully guided approach.



### WELLNESS PROGRAM STRUCTURE



40 mins

#### Onsite assessment with client

We'll conduct a comprehensive assessment, including medical history, cardiovascular and respiratory health, functional ability, and lung and heart function. This will include us looking at the clients heart and lung health conditions and current symptoms that are impacting them. Together, we'll set personalised goals to build capacity and endurance, explore treatment options, and provide education to improve their cardiovascular and respiratory function to reducing hospitalisation risks.



20 mins


#### Offsite assessment

We will then create a detailed assessment report with therapy goals and session plans. We'll create personalised enablement and treatment goals and design a personalised home exercise program (HEP) to support heart, lung, and joint health.



1 hour session

#### Treatment sessions

 You will have **2x (1 hour) sessions per week** —over a 12 week period

What the client will get from these sessions:

- Graded and individualised physiotherapy focusing on cardiovascular and respiratory fitness, strength, and endurance.
- Low-intensity aerobic and walking exercises to improve heart health and lung capacity.
- Breathing exercises to improve lung function and manage breathlessness.
- Education on energy-saving techniques, positioning to assist breathing, chest physiotherapy techniques, heart & lung health symptom control.
- Strengthening and flexibility exercises to enhance joint mobility and overall functional capacity.
- Task-specific therapy for ADLs, such as walking, standing, and mobility training.
- Tailored home exercise program (HEP) to support ongoing progress and independence.
- End-of-cycle review, assessing progress and revising goals with a detailed plan for the clients next steps.

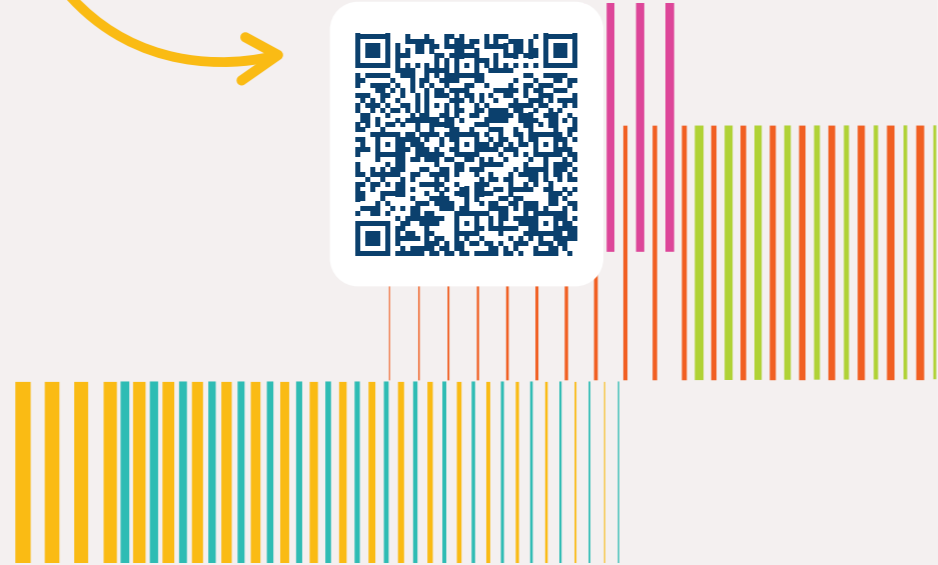
**x2**  
PER WEEK

# 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](mailto:community@plenahealthcare.com.au)

A member of our team will contact you

 **In-Home Allied Health Referral Form**



 136 033  [community@plenahealthcare.com.au](mailto:community@plenahealthcare.com.au)





plena  
Healthcare

 136 033

 [community@plenahealthcare.com.au](mailto:community@plenahealthcare.com.au)

