

Physiotherapy Wellness Packages

Out and About



 **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.

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

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.



Out and About

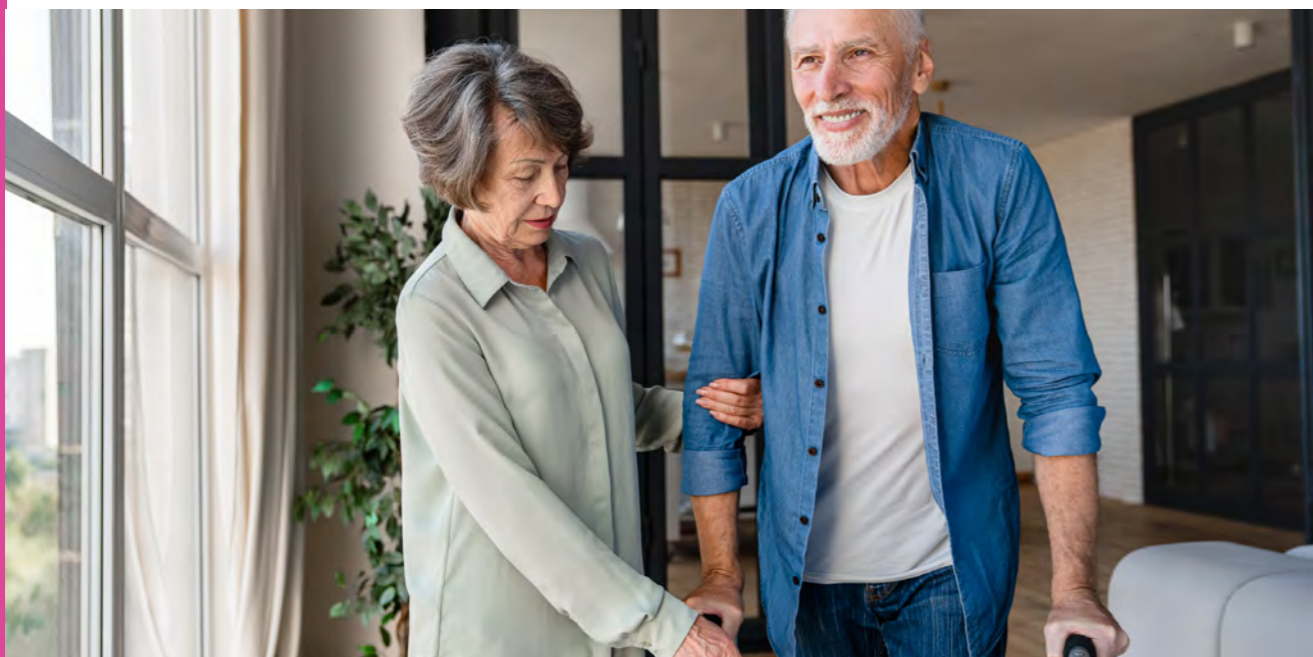
Community Access and Pre/Post Operative Care

ABOUT THIS PACKAGE

This intermediate program is designed to improve individuals mobility, balance, and everyday movements like stepping, reaching, and walking, while helping reduce the risk of falls. It focuses on building their independence and endurance through targeted exercises, education, and practical support for community access, transport, and daily tasks. If needed, it also includes pre/post-operative care and a personalised home exercise program (HEP) to support their ongoing progress.

CLINICAL OUTCOMES

The outcomes we aim to achieve through this program is to enhance the clients gait, balance, endurance, and overall mobility, helping them gain greater independence and confidence in daily activities. With a combination of therapy, practical task practice, community access, and pre/post-operative care if needed, this program promotes safety and builds endurance. The personalised home exercise program (HEP) supports the clients ongoing progress, ensuring long-term improvements in mobility and function.



WELLNESS PROGRAM STRUCTURE



40 mins

Onsite assessment with client

We'll assess the clients physical abilities, mobility, and overall function to create a tailored plan for surgery and recovery, including advice on mobility aids. Together, we'll review their medical history to address factors impacting recovery and evaluate daily activities to identify challenges. We'll set realistic goals, focusing on improving mobility, independence, and recovery. The client will receive expert guidance on managing their health, enhancing mobility, and preparing for smooth surgery and rehabilitation.



20 mins


Offsite assessment

We will then create a detailed assessment report with personalised goals and a plan for the therapy sessions. The client will receive a personalised home exercise program (HEP) designed to support heart, lung, and joint health.



1 hour session

Treatment sessions

 You will have 2x (1 hour) sessions per week —over an 8 week period

x2
PER WEEK

What the client will get from these sessions:

- Personalised physiotherapy to enhance mobility and prepare for or recover from surgery.
- Gentle aerobic and walking exercises to boost fitness and support mobility.
- Strengthening and flexibility exercises to improve joint mobility, strength, and endurance for surgery readiness.
- Guidance on energy conservation, symptom management, and recovery techniques tailored to specific surgery.
- Therapy for daily activities like walking, standing, and mobility to build independence and aid rehabilitation.
- Personalised home exercise program (HEP) to support ongoing recovery and progress.
- Progress reviews with updated goals and a clear plan for clients next steps.

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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