# Physiotherapy **Wellness Packages**

Joint and Neurological Health









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## **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.



### **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**

about their own care.

the clients preferences.

### **Tailored pathway designs**

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.



Encouraging clients confidence in making informed decisions

### **Appealing therapy options**

Offering varied and engaging therapeutic pathways that suit

We craft tailored solutions that align with each clients unique



## Joint + Neurological Health

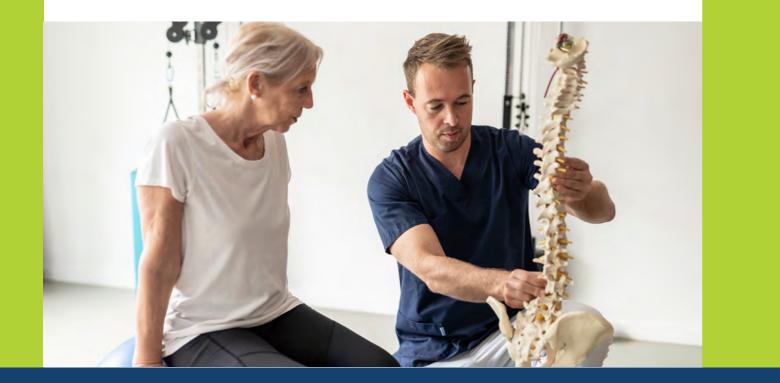
Musculoskeletal δ Neurological Wellness Program

### **ABOUT THIS PACKAGE**

This program is designed to help individuals improve joint mobility, flexibility, and neurological health, supporting conditions like arthritis, stroke or Parkinson's. Through a gentle range-of-motion exercises, strength training, mobility and coordination activities and a personalised home exercise program (HEP), clients will gain the tools to enhance their daily function. The program also includes education and massage options to support the clients long-term progress and unique needs.

### **CLINICAL OUTCOMES**

The outcomes we aim to achieve through this program is the improvement of clients mobility, easing joint stiffness, and enhancing coordination, balance, and motor skills. We create personalised therapies and strength training to help support the client for better joint health, flexibility, and recovery. By taking apart of this program the client should benefit from increased independence, confidence, and sustained functional progress, all guided by our therapist's expert care.



### WELLNESS PROGRAM STRUCTURE



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<u>D-</u>I

20 mins

**X**+

I hour session

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### **Onsite assessment with client**

We start with a thorough assessment of the clients medical history, heart and lung health, and functional abilities. Together, we'll review any conditions or symptoms affecting their daily life, evaluate their mobility needs, and set personalised wellness goals. The client will receive tailored treatment options and guidance, including techniques to improve cardiovascular and lung function, joint mobility, and overall movement, empowering them to build capacity and enhance their quality of life.

### **Offsite assessment**

We then provide a detailed assessment and set personalised therapy goals including a tailored home exercise program (HEP) to support their heart, lung, and joint health.

### **Treatment** sessions

-over a 12 week period

What the client will get from these sessions:

- Graded and individua physiotherapy focusin joint mobility, strength neuromuscular contro
  - Strengthening and flex exercises for joint hea and neurological func
  - Education on joint protection, energy-say techniques, and mana neurological symptom any associated pain.
  - Balance and coording exercises to enhance stability and prevent f decline, whilst building confidence with move

### Client will have 3x (I hour) sessions per week

ilised ig on n, and ol.	•	Task-specific therapy for ADLs, such as walking, standing and seated exercises.
exibility Ith ction.	•	Cognitive-motor exercises to improve coordination and task performance.
ving aging ns and	•	Tailored home exercise program (HEP) to support independence and symptom management.
ation	•	Review and adjustment of mobility aids, with supporting documentation.
further g ement.	•	End of cycle review, further goal setting and recommendations.

## How to book

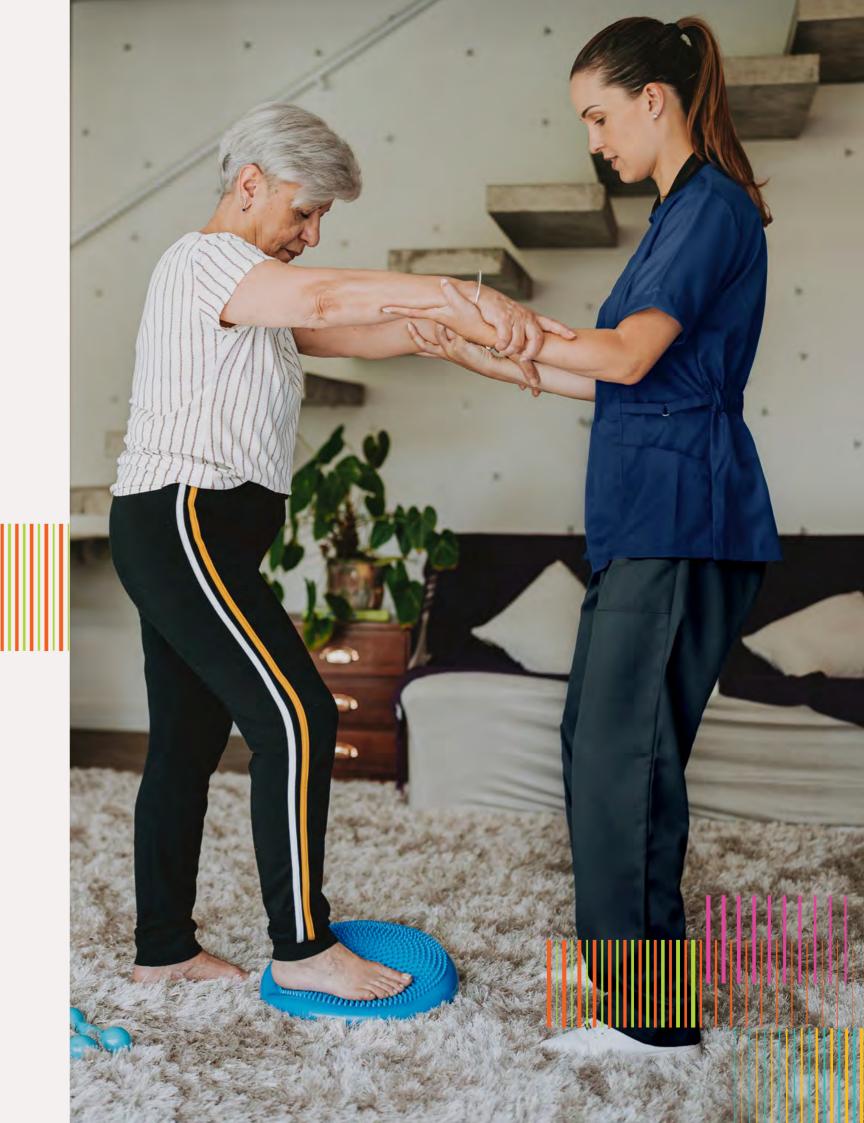
In order to make a booking for you or a loved one to receive one of our packages, please fill out our **In-Home Allied Health Referral Form** and email it to: **community@plenahealthcare.com.au** 

A member of our team will contact you





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