

Physiotherapy Wellness Packages

Joint and Neurological Health



 **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.

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



Joint + Neurological Health

Musculoskeletal & 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



40 mins

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.



20 mins


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.



1 hour session

Treatment sessions

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

What the client will get from these sessions:

- Graded and individualised physiotherapy focusing on joint mobility, strength, and neuromuscular control.
- Strengthening and flexibility exercises for joint health and neurological function.
- Education on joint protection, energy-saving techniques, and managing neurological symptoms and any associated pain.
- Balance and coordination exercises to enhance stability and prevent further decline, whilst building confidence with movement.
- Task-specific therapy for ADLs, such as walking, standing and seated exercises.
- Cognitive-motor exercises to improve coordination and task performance.
- Tailored home exercise program (HEP) to support independence and symptom management.
- Review and adjustment of mobility aids, with supporting documentation.
- End of cycle review, further goal setting and recommendations.

x3
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

A member of our team will contact you

 **In-Home Allied Health Referral Form**



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