



Friendlies  
**Physiotherapy  
& Allied Health**

Regain your Physical Freedom

# REGAIN YOUR **Physical** Freedom

**T 07 4331 1888**

**[thefriendlies.org.au](http://thefriendlies.org.au)**



## What is **Allied Health**?

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Allied Health is the broad term given to a range of health professionals that offer services to improve the health and wellbeing of their patients.

At The Friendlies,  
our Allied Health team consists of  
Physiotherapists, Occupational Therapists  
and a Podiatrist.

Our Physiotherapists and  
Occupational Therapists are available for  
inpatient and outpatient appointments,  
while our Podiatrist is available for  
outpatient appointments.



# Physiotherapy Services

Our team of physiotherapists can help you recover from injury, reduce pain and stiffness and increase mobility.

Our physiotherapists have a number of special interests and can offer the following services:

- » *Acute Injuries*
- » *Sports injuries*
- » *Back & neck pain*
- » *Chronic pain management*
- » *Ergonomic and postural assessment in adults and children*
- » *Pre-sport screening assessment in adults and children*
- » *Casting*
- » *Post operative orthopaedic care*
- » *Lymphoedema management*
- » *Stroke Rehabilitation*
- » *Women's Health*
- » *Pre & Post Natal health*
- » *Headaches*
- » *Pilates Exercise Therapy*
- » *NDIS assessment and treatment*
- » *Dry Needling*



## Occupational Therapy Services

Our occupational therapists work with patients to recommend therapeutic activities and equipment to better enhance patients lives.

This could be at home, work, school, driving or out and about.

Our occupational therapists can offer services such as:

- » *Home assessment & complex home modification*
- » *Falls prevention*
- » *Equipment prescription*
- » *Hand therapy & splinting*
- » *Pre-orthopaedic surgery home review*
- » *Oedema management*
- » *Paediatric services*
- » *Stroke rehabilitation*
- » *Workplace rehabilitation & assessment*
- » *Functional need assessment*
- » *Cognitive assessment*
- » *Sensory processing & integration assessment*
- » *NDIS assessment & treatment*

## Podiatry Services

Our podiatrist treats medical conditions and injuries of the foot, ankle and lower limb. This can include skin and nail problems, foot and ankle injuries, foot complications and problems with gait or walking.

Our podiatrist can help with:

- » *General foot care; corns, callus, in-grown toenails*
- » *Sports injuries sustained to the foot and ankle*
- » *Children's conditions; knee pain, heel pain, foot pain, footwear advice*
- » *Diabetic assessments, including checking your blood flow and blood pressures*
- » *Orthotic therapy*
- » *Footwear advice*
- » *Foot ulcer management*
- » *Nail surgery with local anaesthetic*
- » *Dry needling*
- » *Foot mobilisation*
- » *Low level laser therapy*
- » *NDIS assessment & treatment*

## Inpatient Services

Friendlylies Physiotherapy & Allied Health staff see inpatients for a range of conditions including:

- » *Cardio respiratory*
- » *Orthopaedic*
- » *Rehabilitation*
- » *Mobility*



## NDIS Registered Providers

Friendlylies Physiotherapy and Allied Health is a registered NDIS provider under our organizational name, Bundaberg Friendly Society Medical Institute.

Our physiotherapists, occupational therapists and podiatrist are all registered to provide services under the NDIS.



## FEES & CHARGES

For our current schedule of fees and charges, please visit our website at

**[thefriendlylies.org.au/physiotherapy](http://thefriendlylies.org.au/physiotherapy)**

If you have extras cover as part of your private health insurance then you may be eligible for a rebate on our services.

Some patients may be eligible to receive assistance from DVA or medicare. In this case you will need to obtain a DVA referral or EPC-Medicare Care Plan from your GP first, and then make your appointment.

If you have any questions about fees or referrals, please discuss when calling for your appointment.

*\*We are BUPA preferred providers\**





**Opening Hours**  
**Monday to Friday - 8.00am to 5.30pm**

**FRIENDLY SOCIETY PRIVATE HOSPITAL**  
**19-23 Bingera Street, Bundaberg Qld 4670**

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