

BCH Services Guide - Physiotherapy

Physiotherapy services operate at Sebastopol, with a service to Smythesdale. Along with general outpatient treatment, there are several new and continuing programs available.

Program Information

Who is it for?

Physiotherapy is available to frail older people and people with disabilities and is an important tool in the management of some conditions. Conditions that can be treated include:

- back and neck pain
- muscular pain
- neurological disorders such as stroke or Parkinson's Disease
- the management and prevention of chronic conditions

How much time will it take?

60 minutes for an initial assessment; 30 minutes for a review

When is it held?

By appointment

Where is it held?

Ballarat Community Health
Sebastopol - 260 Vickers Street
Lucas- 12 Lilburne Street

Cost?

As per Ballarat Community Health Fee Schedule, although no client will be denied service if they can't pay.

Who Provides it?

Qualified Physiotherapist

How do I get into the program?



Phone Ballarat Community Health on 5338 4593 to speak to the Intake staff or fax 5339 3044

Pole Walking

Pole walking is simply walking with specially designed poles that provide support and increase the benefits of exercise through active use of both arms and legs. This makes it a fun, functional, feel good exercise for all ages and abilities.

Program Information

What is it about?

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Who is it for?

Anyone interested in trying pole walking

How much time will it take?

1 hour sessions

Who provides it?

Pole walking leader

How do I get into the program?

- No assessment required to participate
- Meet and greet at car park

Phone Ballarat Community Health on 5338 4500.

Other Information

Thursdays 9am - 10am

Meet at the Ballarat Community Health carpark, 260 Vickers St Sebastopol at 8.45am

Stroke Group

Ballarat Community Health offer support for people who have suffered a stroke and may experience a significant ongoing decrease in mobility and level of function. The program addresses these issues on an individual basis within a group setting.

The goal of the program is to provide a physical activity program for people who have had a stroke with the intention of maintaining or improving mobility and function. Appropriate physical activities will be provided according to the needs of each client.

Program Information

What is it about?

An ongoing program for people who have had a stroke. Must be able to walk and transfer.

Where and when is it held?

[Sebastopol](#)

Thursday: 12:00 pm-1:00 pm

Who provides it?

Exercise Physiologist, Physiotherapist and Fitness Instructor

How do I get into the program?

Phone Ballarat Community Health on 5338 4593 to speak to the Intake staff or fax 5339 3044
Physiotherapy assessment will be required prior to commencement.

Phone Ballarat Community Health on 5338 4593 to speak to an Intake staff, fax 5339 3044 or
email intake@bchc.org.au

Other Information



Requires an exercise physiology assessment prior to commencing the group.