

We provide a person-centred approach to ensure each program is tailored to your individual needs.

PHYSIOTHERAPY

At ONE Rehabilitation Service, Physiotherapy can assist you to regain your mobility and improve your physical function.

ONE Rehabilitation Service is a unique South Australian organisation dedicated to the rehabilitation of adults with acquired brain injuries (ABI) and other neurological conditions. Our Physiotherapists work exclusively with people who have ABI or other neurological conditions, and utilise the latest evidence based best practice available. Our experienced therapists can assist with people who are experiencing: -

- Walking difficulties
- Muscle weakness and/or tightness
- Poor balance and/or co-ordination
- Tiredness or fatigue
- Dizziness, blurred vision, and/or headaches
- Pain

Do you have difficulty returning to work, sport or other activities due to physical limitations?

Regardless of how long ago you experienced your injury, if you are finding it difficult to move like you used to or participate in activities that you enjoy, physiotherapy may be able to help you. Our team of Physiotherapists provide a holistic step-by-step approach to get you moving the way you want.

08 7226 3223



65 Anzac Highway
Ashford SA 5035



admin@onerehabilitationsservice.com.au
www.onerehabilitationsservice.com.au

Brain Injury
Stroke
Neurological Conditions

Benefits

- Improved mobility and physical activity
- Increased participation in hobbies and sports
- Increased strength, balance and fitness
- Improved mental health
- Increased independence in daily activities
- Reduced pain levels
- Increased community access through increased mobility
- Reduced risk of health problems such as heart disease, diabetes and obesity related diseases
- Reduced risks of joint, muscle and neural injury

Physiotherapy can help you to get back to moving the way you want to after experiencing an acquired brain injury or neurological condition.



We Provide

- Mobility assessment and retraining
- Balance assessment and retraining
- Body awareness and movement retraining
- Spasticity and contracture assessment and management
- Muscle strength assessment and advice
- Development of gym programs to assist with improving exercise endurance and strength
- Fatigue management
- Vestibular assessment and management of dizziness
- Vertigo and headaches
- Pain management and education
- Carer/family and staff education and training



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