**[where include home services, eg gardening? Where for initial accident assessment?]**

**SOARING HEALTH COMMUNITY CATALOGUE**

**(PICTURE: Must look like website community green filter over picture (www.soaringhealth.com.au ) Use picture FRONT COVER)**

[P2/3 welcome letter and table of contents ]

**Welcome, from the director**

Welcome to Soaring Health,

I’m excited about your commitment to enhancing your wellbeing and sharing how our community practitioners can help you to realise your physical and mental potential. At Soaring Health, we are passionate about partnering people with disabilities and complex injuries and conditions in their journeys to moving better, feeling better and living better. Our motto is ‘enriching lives so that people can go on living’.

With our dedicated community health division staffed by highly-trained, empathic practitioners, and fully customised treatment plans, we promise to deliver a truly personalised experience tailored to your needs and wellbeing goals. With specialised knowledge of the needs of NDIS, TAC, DVA, WorkCover and My Aged Care clients, our team of practitioners including occupational therapists, physiotherapists and psychologists will help to ensure you receive the care to which you’re entitled. You *deserve* to be and feel your best.

I invite you to take a moment to visualise yourself once you’ve achieved your health goals. Imagine what you’ll do and achieve, and really feel the sense of confidence and freedom. Perhaps you’re living with injuries from a road or workplace accident and require intensive rehabilitation to return to your previous level of function. You may wish to overcome the limitations of disability or a chronic health condition that’s holding you back. Maybe you require treatment for an injury or condition suffered during military service or wish to maintain your independence despite age-related functional decline. Or perhaps you’re a parent seeking specialised support for a child suffering developmental delay or a condition that prevents their full participation in a rewarding education and social life. Our community services also include a child and adolescent health division.

If you’re ready to embark on a rich and rewarding journey to your best possible quality of life and vitality, I welcome you to explore our community treatment services. Please don’t hesitate to contact our friendly community engagement team with any questions, or pop by to discuss your needs with our knowledgeable client administration team. I look forward to seeing you at Soaring Health Thomastown soon.

Dr Marco Makari, Director and Senior Chiropractor, Soaring Health

**(PICTURE: Director Letter )**

[end letter]

Table of contents [complete after copy]

P. 4 [community catalogue intro]

**The ‘You’ in ‘Community’**

It’s no coincidence that the word ‘community’ contains the letters ‘y’, ‘o’ and ‘u’. Soaring Health’s unique emphasis on community is founded on a commitment to help individuals of all ages to realise their personal best health and wellbeing, no matter what their injuries, disabilities or limitations. To us, the word ‘community’ means harnessing your personal strengths to enable your participation in a rich, rewarding, connected life. It means person-centred services and community engagement processes tailored to ensuring that clients with special needs receive the care they require and deserve, to realise their potential and enjoy optimal quality of life. It means a collaborative approach to treatment and partnering you on your journey. Soaring Health’s community practitioners will support you to challenge your limitations and celebrate your progress as you gain confidence and accomplish things you didn’t believe you could.

**What sets us apart**

Since initially gaining national acclaim for helping athletes to reach their peak performance, Soaring Health has earned a reputation for its unique, dedicated community focus. Led by director and senior chiropractor Dr Marco Makari, who is passionate about each person’s right to know what it is to feel well and live their best life, our practice has become widely known among health practitioners and case managers as a caring, compassionate, specialised private practice with dedicated services and knowledge tailored to the special needs of clients with injuries, disabilities and chronic health conditions. We pride ourselves on upholding that reputation and exceeding the expectations of referrers and clients with a less-ordinary level of specialised care. From NDIS participants with severe disabilities to TAC claimants recovering from life-altering accidents, our highly-trained, human-centred physiotherapists, chiropractors, occupational therapists, psychologists and dietitians meet each client where they are and support them to live rich, satisfying lives.

A group of people in a room

Description automatically generated

[end community catalogue intro]

[start main catalogue]

[From P5. insurance schemes section]

**Accepted schemes and programs [1 page each]**

[p5] **NDIS**

**(PICTURE: NDIS LOGO)**

If you’re living with a disability, you’re probably familiar with the challenges of accessing the help you need. Not only can the required frequency of therapy can make paying fees unaffordable, funding provisions and onerous application processes can further delay treatment. At Soaring Health, we recognise the importance of accessing the therapeutic services you need, *when* you need them. As a registered NDIS provider, Soaring Health's practitioners treat eligible participants under the National Disability Insurance Scheme (NDIS). What's more, our community coordinator and customer service team are well-versed in NDIS requirements and can help you to fast-track access to appropriate treatment.

**NDIS services**

As a registered NDIS provider, Soaring Health provides our services to all local participants under the NDIS. Ways in which our therapists can help eligible NDIS participants to live well and thrive include:

-->**Realise your physical goals with your Soaring Health physiotherapist**

Whether you’re determined to achieve a certain functional goal, or look forward to relief from pain, swelling or stiffness, our experienced therapists can help. As well as using hands-on techniques, a Soaring Health physiotherapist may plan a tailored exercise program and even hydrotherapy to help you reach your functional goals. Our physios can also help you with assistive technology, gait rehabilitation, neurological rehabilitation and postural devices.

-->**Harness the healing power of food with your Soaring Health dietitian**

When it comes to realising your physical and mental potential, food is rarely given due credit. Not only can obtaining optimal quantities and combinations of nutrients assist with the body’s own repair processes, following tailored healthy eating recommendations from a Soaring Health dietitian can restore a sense of vitality you may have thought you’d lost. If you’re looking to regain strength and muscle through exercise, strategic nutrition is also key to realising your goals.

-->**Learn what it means to ‘live your best life’ with your Soaring Health occupational therapist**

With the right assistance, you may be surprised by quite how rich and fulfilling your life can be. Whether you’d like to find ways to independently manage daily living tasks or need help to realise an ambitious goal – from participating in adapted sports to travelling – a Soaring Health occupational therapist can help make it happen. From recommending and helping to facilitate adaptations around the house (think bathroom rails and dressing aids), to advising on assistive and therapeutic technologies and devices such as specialised wheelchair tyres, the driving force behind the work your occupational therapist does is hearing you say the words, ‘I can’.

-->**Feel the power of physical fitness and strength with yoga and Pilates**

It may sound unlikely that small gains to flexibility, balance and coordination could lend a sense of empowerment and overall strength – but those who have experienced Pilates and yoga attest to the unique benefits of these physical practices. Even if it isn’t evident in fundamental physical function, devotees speak of feeling metaphorically ‘taller’ and ‘stronger’. Whether you have your yoga or Pilates technique down pat and feel able to practice in a group setting or need the one-on-one guidance and attention of private classes, Soaring Health has a suitable program.

--> **Maintain independent living with Soaring Health domestic assistance and garden maintenance**

Even if you are able to manage cleaning the house and other domestic tasks, the effort and time required to complete daily chores may leave you too tired or time-poor to enjoy a rich and full life doing what you *want* to do. That’s why we offer domestic assistance. Why not relieve some of the burden and let us help with tasks such as daily chores, cleaning and even grocery shopping? Our garden maintenance service can also assist with or take care of your gardening, so you can focus on living well, knowing your garden will also thrive.

--> **Embrace the joy of sharing with Soaring Health’s regular physical, recreational and social events**

It can be hard to maintain social ties and activities when your mobility is limited – and sometimes you simply mightn’t feel like making small talk. But the mental health benefits of social interaction are backed by a host of evidence. Simply sharing experiences can foster a powerful sense of connectedness and relieve the sense of isolation and loneliness than can set in when interaction is limited. Let us know if you’re interested and we’ll let you know when we are planning a social event.

[p6 -- start TAC page]

**TAC**

**(PICTURE: TAC LOGO)**

Motor vehicle injuries can vary in severity from minor to life-changing. At Soaring Health, we strive to resolve all injuries caused by transport accidents and collisions. The services available to TAC clients at Soaring Health have been selected and tailored to address the physical, mental and emotional effects of injuries caused by road trauma. Part of our dedicated community division, this program of services is also designed to relieve the financial burden of your accident and ensure that you receive the treatment you need, when you need it, without out-of-pocket fees. You can access our services through the TAC as soon as you have a claim number, without a referral, meaning you can dedicate your full focus to making an efficient and satisfying recovery.

**Common injuries we treat**

Soaring Health’s physiotherapists, chiropractors, occupational therapists and dietitians can help to simultaneously relieve symptoms such as pain and movement restriction, and remedy underlying injuries and conditions sustained in your accident. The best treatment techniques to promote efficient recovery will be determined in your initial assessment with an AHPRA-registered Soaring Health practitioner, who will provide a personalised treatment plan tailored to your injuries or condition, recovery goals and current capacity. They may even recommend that you see more than one practitioner, such as a physiotherapist and chiropractor. Whether you only need a few physio sessions after a minor accident or have complex or multiple injuries requiring integrated treatment and rehabilitation including at-home support, Soaring Health can provide a range of services to TAC clients, including:

**Physical**

* Whiplash
* Back pain
* Headaches
* Muscle strains
* Muscle tension
* Ligament sprains
* Bruising
* Hip pain
* Knee pain
* Ankle pain
* Foot pain
* Healing fractures

**Psychological**

* Stress
* Anxiety
* Post Traumatic Stress Disorder (PTSD)
* Depression
* Nightmares
* Loss of self-confidence

**(PICTURE: TAC 1 & 2)**

[p7 -- start WorkCover page]

**WorkSafe**

Workplace accidents causing serious injury can be devastating. One minute you’re earning a reliable income. The next you’re plagued by uncertainty over when, or even whether, you’ll be able to return to work – not to mention navigating daily life with pain and physical limitations and facing out-of-pocket medical costs or delaying necessary treatment until your claims are processed. Part of the answer to how well you’ll recover depends on receiving the treatment you need, when you need it, and having a collaborative and integrated team of healthcare professionals who can work together to optimise your recovery and support your return to work and daily life.

**(PICTURE: Workcover1)**

**How we can help**

At Soaring Health, we ensure that eligible WorkSafe candidates can access required treatment quickly by charging no gap payments. We will bill your insurance company directly. We will also work with your doctors, case managers and employer to align the treatment we provide with your needs and liaise with the insurance company and your employer to ensure a smooth return-to-work program. To minimise stress and hassle during your recovery, we will strive to simplify the process and keep you abreast of details such as your entitlements and if and when you need a letter for additional services, to ensure that you receive the treatment you need and to which you’re entitled.

**Eligibility for services**

If you have made a successful workers’ compensation claim, you will have received a claim number, which automatically enables you to access six consultations of a particular Soaring Health service at a given time without a referral. Simply book an appointment for the relevant service such as physiotherapy or chiropractic and bring your claim number to your first consultation. From day one, your Soaring Health practitioner will work closely with your GP, insurance company and workplace to ensure that the treatment provided meets both your rehabilitation needs and your entitlements. If you do need more than one form of treatment at a time or require more than six appointments, your Soaring Health practitioner will request it from WorkSafe.

If you’ve just been injured, the first important step is to notify your employer and create an incident report. You’ll then be given a WorkSafe claim form, which you should take to your GP, who can help you with the required medical details for your application. Once you have lodged this form with WorkSafe, you will receive an email confirming your approval to start treatment. You can then book an initial assessment appointment with Soaring Health.

**(PICTURE: Worksafe 2)**

[p8. schemes -- start DVA page]

**DVA**

**(PICTURE: DVA 1)**

Few human acts are more significant than serving to protect and defend one’s country. Yet unfortunately, as returned service men and women know too well, the adverse physical, mental and emotional effects can last long after landing on home soil. As well as treatment for immediate injuries, many returned service personnel require ongoing, long-term care and multiple healthcare services for chronic pain or disability, injuries that deteriorate over time and delayed-onset conditions such as arthritis. At Soaring Health, we are dedicated to working with the provisions of the Department of Veteran’s Affairs (DVA) to ensure that veterans receive optimal treatment without being out of pocket – we charge no gap payment for eligible clients – and help facilitate their return to living a rich, full and well civilian life. If you are eligible and wish to book an appointment, you’ll need to bring your Veteran Card in prior to seeing a practitioner. If you do not have a gold or white DVA card and would like to check whether you’re eligible, you can contact DVA on 1800 555 254.

**Soaring Health services available to Veteran Card holders include:**

Gold

Gold card holders have [?]unlimited access to our services, according to clinical need.

White

White card holders can also access [?]all services, but only for treatment of specific conditions such as arthritis or degenerative conditions.

**Conditions we treat**

While a condition or injury’s eligibility for treatment under DVA provisions depends on veteran card type, common conditions treated by Soaring Health practitioners among DVA clients include:

Osteoarthritis

Carpal Tunnel Syndrome

Lumbar Spondylosis

Rotator Cuff Syndrome

Intervertebral Disc Prolapse

Acute sprain and strain

Irritable Bowel Syndrome (IBS)

Posttraumatic Stress Disorder (PTSD)

Depressive and anxiety disorders

Alcohol or substance dependence and abuse

[p9. schemes -- Medicare page]

**Medicare** **(PICTURE: Medicare logo)**

When you suffer chronic pain and persistent medical conditions, it can be hard to keep up with healthcare costs. Financial worries may cause you to forgo treatment that would relieve debilitating symptoms and improve your level of functioning and quality of life. At Soaring Health, we believe in removing barriers to you receiving the treatment you need. In the case of chronic pain lasting six months or more, we can provide fully bulk-billed treatment for up to five visits per year under Medicare’s Chronic Disease Management plan or CDM (formerly called an EPC), so you can access the treatment services you need, when you need them, without being out of pocket.

**Eligibility for services**

Anyone with an active Chronic Disease Management (CDM) referral is entitled to five treatment visits with no out-of-pocket fees. Simply bring your referral to your first appointment. If you don’t have an active CDM, you’ll need to obtain one from your GP before making an appointment. Whether you’re eligible for allied health services under a CDM depends on duration of symptoms and need or likelihood of benefit, rather than specific conditions. Under the plan, a ‘chronic’ medical condition is one that has been (or is likely to be) present for six months or longer – such as arthritis, low back pain, shoulder pain and musculoskeletal conditions. During your treatment period at Soaring Health, we will liaise with your GP to ensure that the services you receive best meet your needs and goals.

**Services available under the CDM**

Under this program you can see us for:

* Chiropractic
* Physiotherapy
  + Gym rehab
  + Hydrotherapy (30 minutes)
  + Group Clinical Pilates
* Occupational Therapy
* Dietetics
* Podiatry

**Additional details**

Once you have a referral from your GP, please contact our community engagement team on 9013-5987 to book an appointment. The initial appointment is 40 minutes and follow-up appointments are 30 minutes. You may choose to upgrade your hydrotherapy appointment to 1 hour by paying $27.05. If you’d prefer to receive your CDM treatment at home, you can choose to do so for an additional $30 (not covered by Medicare).

**(PICTURE: Medicare 1)**

[p10. schemes -- start My Aged Care]

**My Aged Care**

**(PICTURE: Aged care 1&2)**

Many people associate the Australian government’s My Aged Care program purely with practical assistance with daily tasks and activities. But if you’re aged over 65, you may also be able to access Soaring Health services such as physiotherapy, hydrotherapy and home services fee-free through My Aged Care provisions, to enable you to maintain or regain capacities necessary for daily living, and relieve pain and conditions that may otherwise compromise your quality of life. Depending on your circumstances, you may ask your case manager to request these services as part of your support package.

**Eligibility for services**

Eligibility criteria for My Aged Care varies, but the program broadly applies to those aged over 65 who are finding it increasingly difficult to perform tasks and activities of daily life. There are four types of packages with different levels of financial support. Qualifying for these packages requires a face-to-face assessment with a My Aged Care assessor. Once you’ve been approved for My Aged Care package, accessing no-fee Soaring Health services requires that your case manager allocates these services. While costs of services for My Aged Care recipients depend on financial situation, types of services and individual service providers, Soaring Health does not charge any out-of-pocket costs for most services.

**If you’re already receiving a My Aged Care support package**You’ll need to ask your case manager to allocate the Soaring Health services you require (they effectively decide your eligibility for our services). When requesting these services, try to support your request with clear rationale aligned with your case goals (such as, ‘physiotherapy would remove mobility limitations and enable me to perform domestic tasks independently’).

**Client referrals for case managers**If you’re a case manager wishing to refer a client for treatment under My Aged Care provisions, simply email the client’s details and the name of the practitioner you’d like them to see to hello@soaringhealth.com.au. We can arrange the bookings and invoice your organisation directly, rather than billing your client at the time of consultation. [end schemes section]

[p11. start services in detail section]

**[head]Our community services**

[p11.]

**Physiotherapy**

## The fundamental goal of physiotherapy is to enable optimal movement and function – whether that’s being limited by an acute joint or muscle injury, disability, a chronic condition such as arthritis or age-related physical decline. A Soaring Health physiotherapist will identify the root cause of pain and musculoskeletal symptoms and use a selection of hands-on therapeutic techniques such as massage, muscle stretching and joint manipulation to restore joint and muscle function and strength. They may also recommend hydrotherapy, supervised gym work or clinical Pilates.

## **Beyond the consulting room**Remaining physically well and active and maintaining your treasured independence requires conscientious self-management. That means being mindful of how your environment affects your risk for falls and injuries, and undertaking strategic exercise as a form of maintenance. As part of our community program, a Soaring Health physiotherapist will visit your home and guide you in performing your program safely and effectively using the available space and resources. They’ll also appraise the space and recommend any improvements to reduce injury risk, facilitate independence and enable you to stay strong, well and active. If you’re engaged in an occupational therapy program, your physio will liaise with your occupational therapist to optimise the benefits of each treatment service.

**Who can benefit from physiotherapy?**

--> People who have suffered accidents and require ongoing rehabilitation

--> People with worsening or chronic functional limitations related to long-term disability

-->Those with acute or chronic muscle or joint pain

-->Perimenopausal and menopausal women suffering incontinence

-->Women suffering pelvic or sexual pain

-->Children with developmental delay and dysfunction (NDIS child participants)

**Soaring Health physios offer the following services**

-->In room consultation

-->Hydrotherapy

–>Gym/exercise

-->Clinical Pilates (one-to-one and small group classes)

-->Home consultation

**Issues a physio can help to treat and/or manage**

-->Prevention of injury by identifying vulnerabilities and targeted strengthening of muscles and joints to prevent undue wear and tear and instil optimal habits and patterns of movement

-->Back and neck pain

-->Generalised pain (e.g. limbs), which may have been diagnosed as fibromyalgia or hypermobility

-->Rehabilitation after joint surgery (e.g. hip or knee replacement)

-->Recovery after a surgical procedure or illness that prevented exercise and may have resulted in muscle weakness or atrophy

-->Management of pain associated with chronic conditions such as arthritis

-->Post-partum exercise conditioning to strengthen areas that may have been stretched or weakened during pregnancy

-->Menopausal incontinence and/or pelvic pain

**(PICTURE: Physio 1&2)**

### **[physio subsections]**

### **Physiotherapy -- Hydrotherapy**

Hydrotherapy harnesses the buoyancy of water to enable exercise that restores strength and mobility – minus the stress on joints of weight-bearing, land-based exercise. Tailored to your needs by a Soaring Health physiotherapist, hydrotherapy can also relieve muscle spasm, aches and pains, which can result in immediate improvements in function, strength and mobility.

For more information on hydrotherapy, turn to p. Xx.

### **Physiotherapy -- Gym**

For effective rehabilitation, it’s important to work methodically to strengthen both supporting and injured muscles and joints while promoting tissue repair. Like a personal trainer with specialist knowledge of anatomy, pain and how the body responds to trauma, a Soaring Health physiotherapist will guide you in performing customised workouts designed to support your recovery or functional goals and maximise the healing effects of movement. To support your rehabilitation, you may wish to undertake a gym and swim membership, which enables you to regularly perform prescribed exercises in a safe, fully-equipped environment.

### **Physiotherapy -- Clinical Pilates**

While most physiotherapy programs start primarily with intensive hands-on techniques, as recovery progresses, clinical Pilates can help to instil correct patterns of movement and posture that prevent further injury. Used in conjunction with other physiotherapy techniques, individual and small group Pilates can also promote more expedient recovery and enable more effective use of at-home exercises.

### **Physiotherapy -- Women’s health**

Women’s health physiotherapy addresses female musculoskeletal health at key life stages – from preparing the body for pregnancy and minimising post-partum complications to managing unwanted symptoms of menopause such as incontinence caused by weakened pelvic floor muscles. Women’s health physiotherapy can also diagnose and address conditions related to sexual pain, such as vaginismus and vulvodynia.

### **Physiotherapy -- Children’s health**

Suitable for correcting or managing developmental dysfunction such as impaired gait, fine motor control issues and deficits and growth delays or asymmetries affecting function, children’s physiotherapy can also treat acquired musculoskeletal injuries and joint and muscle issues associated with health conditions.

For more information on children’s physiotherapy, turn to p. xx.

[services section 2 -- hydrotherapy]

**Hydrotherapy**

The healing power of water is steeped in folklore and rituals the world over, but its ability to facilitate recovery from injury and illness also rests on a solid body of science. Often used by Soaring Health physiotherapists to complement hands-on techniques and land-based exercises, the discipline harnesses the buoyancy of water to support muscles and joints through specific movements without the gravitational weight loading of land-based exercise, which can overburden and even re-injure weakened joints and muscles. It can both promote faster healing from injury and provide immediate relief by reducing pain and swelling. Hydrotherapy may also be used to relieve the discomfort of chronic pain in conditions such as arthritis and enable restorative exercises that may otherwise be prohibited by pain and stiffness – potentially reducing symptom severity in the longer term.

**Who can benefit from hydrotherapy?**

-->Physiotherapy and chiropractic clients seeking to complement healing promoted by hands-on physiotherapy

-->Those unable to perform land-based, weight-bearing exercise due to joint pain or dysfunction

-->Sufferers of chronic pain conditions and associated discomfort

-->Rehabilitation candidates

**Issues that may be treated or managed with hydrotherapy**

-->Muscular tension and muscle spasm

-->Pain due to injury

-->Pain due to chronic conditions such as arthritis

-->Stiffness and weakness after muscle or joint surgery (e.g. reconstruction or replacement)

-->Muscle weakness and/or movement limitations after illness or prolonged break from resistance exercise

-->Swelling

-->Balance and stability issues

**(PICTURES: HYDRO 1, 2 & 3)**

[services section 3 -- occupational therapy]

**Occupational Therapy**

Occupational therapy or ‘O.T.’ enables people with injuries, disabilities or limiting health conditions to overcome barriers to a rich, satisfying, able life. It takes into account a client’s strengths and limitations and creatively seeks practical, realistic solutions that enable them to regain independence and function at their desired level while helping to cultivate confidence in their own capacity. For someone with very limited mobility or movement, target areas may include home modifications or equipment that enable showering, as well as education and support to instil confidence and proficiency. In the case of limited mental capacity, O.T. may facilitate processes that enable payment of bills or food preparation. For clients of all ages, from child NDIS participants to aged care clients, a Soaring Health occupational therapist can also help to facilitate social and leisure activities to support participation in a rich, balanced life with maximum independence.

**(PICTURES: OT 1)**

**[Occupational therapy subsections]**

**Children’s Occupational Therapy**

Working with an occupational therapist can transform the lives of children and adolescents facing the limitations of physical, intellectual or psychological disability, injury, illness or dysfunction. By combining clinical knowledge, knowledge of education and childcare, and familiarity with relevant legislation and local resources, a Soaring Health children’s occupational therapist will work to establish processes and adaptations that increase a child’s participation in education, social and leisure activities and enhance their confidence in their own strengths and abilities.

For more information on children’s occupational therapy, turn to pxx.

**Occupational Therapy -- Home consultation**

### To best assess clients’ personal needs and facilitate the implementation of appropriate modifications,an occupational therapist often conducts initial assessments and follow-up consultations in clients’ homes. In consultation with a client and members of their care team, they then formulate their recommendations into a comprehensive home modification report. This specifies changes that enable independent execution of specific daily living tasks and may include the prescription of assistive technology and aids. Subsequent at-home consultations may involve education and practice in the safe use of aids such as hoists or modified showers and guided outings.

**(PICTURES: OT 2)**

**Occupational Therapy -- Therapeutic items and assistive technology**

Therapeutic items can greatly enhance independence by enabling execution of daily living tasks otherwise limited by injury or disability. Soaring Health’s occupational therapists can work with members of your broader healthcare team, such as support coordinators or physiotherapists, to assess and fit aids and supports that promote recovery and independent functioning. An NDIS-registered Soaring Health occupational therapist can also help with funding applications, assist with facilitating installation requirements, and help with training in safe, confident use of new devices.

For more information on therapeutic items and assistive technology, turn to p. xx

**Occupational Therapy – Disabilities**

While it is part of common vernacular, the term ‘disability’ is a misnomer according to the ethos of occupational therapy. The discipline seeks to challenge physical and mental limitations by identifying solutions that enable greater functional capacity and independence – in turn enhancing confidence and life satisfaction. For clients with physical or mental ‘disabilities’ that make tasks of daily living difficult or impossible without assistance, an occupational therapist can introduce new possibilities for independence. In partnership with you, they will consider your specific strengths and weaknesses and reconcile these limitations and advantages with their knowledge of possible home and vehicle modifications and aids and related funding provisions. They will also assist with training in the use of modified equipment, suggest useful resources and support options and help you to establish a new routine with your newfound capabilities. Part of Soaring Health’s community division, our occupational therapists are NDIS-registered, meaning no out-of-pocket expenses for NDIS participants.

**Occupational Therapy – Seniors**

Age-related declines in physical and cognitive function can rob you of your treasured independence and cause increased needs for care and assistance with daily living. In many cases, however, occupational therapy can restore people’s capacity to function at or near the level they previously did by adapting the environment to individuals’ limitations. It can prolong the capacity to safely live and function independently and delay the need for supported accommodation or daily care. In partnership with you, an occupational therapist will consider your personal strengths and weaknesses and reconcile these limitations and advantages with their knowledge of possible home and vehicle modifications and aids and related funding and subsidy provisions. They will also assist with training in the use of modified equipment, suggest useful resources and support options and help you to establish a new routine with your newfound capabilities. For eligible participants, Soaring Health occupational therapy may be accessed through the My Aged Care program.

**Occupational Therapy – If you’ve been injured in an accident**

If you’ve been seriously injured, you’ll appreciate the frustration of being unable to do the things you did so easily before your accident. Unfortunately, diminished or lost independence and needing to rely on others for basic care needs can erode confidence and compound the mental and emotional effects of physical trauma. Soaring Health’s occupational therapists can help to restore independent functioning at, or near, previous levels by devising adaptations to your home and, possibly, work environment. Depending on your injury and specific challenges, an occupational therapist may recommend home modifications such as rails or mobility devices such as specialised wheelchairs. During a home assessment and home visits, an occupational therapist will also help you to become proficient in the safe use of any aids and assist you to establish a new routine and realise the freedom afforded by implemented changes. Whether you only need minor assistance or are undergoing intensive rehabilitation and require major modifications, a Soaring Health occupational therapist is your independence partner. TAC claimants may access our occupational therapy service with no out-of-pocket fees.

**Who can benefit from occupational therapy?**

-->Adults and children with disabilities and/or injuries that impair performance of tasks associated with independent daily living

-->Adults and children with chronic health conditions that limit performance of tasks associated with independent daily living

-->Adults with disabilities living in supported accommodation or with parents and wishing to cohabitate with housemate or partner

-->Adults and children recovering from an accident or injury

**Services provided by Soaring Health occupational therapists**

-->Home-based assessment and report on therapeutic and assistive technology and devices to enable independent function across identified domains (e.g. showering, communicating, leisure activities)

-->Workplace assessments

-->Driving (car use) assessments

-->Assistance with funding application forms for therapeutic and assistive technology and devices

-->Taking care of therapeutic and assistive technology installation requirements and ensuring devices and properly fitted and appropriate

-->Training participants in proper, safe, effective use of new therapeutic and assistive devices

-->Helping to facilitate engagement in realistic occupational or leisure activities

**Issues that may be treated with occupational therapy**

-->Moderate to severe physical or mental disability that limits independent functioning

-->Enabling cohabitation with housemates or partner (versus supported accommodation or living with parents)

-->Severe injury and/or illness from accident

[end OT section]

[start assistive technology section]

**Assistive technology and therapeutic support**

The array of modern therapeutic and assistive technology devices designed to assist people with disabilities and functional limitations can be truly overwhelming – from low-tech communication boards to sophisticated computer software that converts voice-to-text, intuitive motorised wheelchairs and other mobility devices. An NDIS-registered Soaring Health occupational therapist can simplify the process of selecting therapeutic and assistive technology items that most efficiently and effectively achieve specific functional goals as part of enhancing independence in tasks of daily living.

Versed in the latest technologies and their strengths and limitations (including the vast span of price points and funding provisions), an NDIS-registered occupational therapist will not only recommend appropriate items, but help to facilitate funding, organise installation, fitting and adjustment and assist with training until you are proficient and confident in using a new device or aid to safely realise your best level of functioning and life satisfaction.

**Children’s assistive devices**

Children with developmental delay or other disability or physical or mental limitations may be able to obtain modified or specialised play equipment that enables their growth and full participation in an enriching, balanced life. As well as recommending specific items, a Soaring Health occupational therapist may assist with funding applications and education in the safe, optimal use of new equipment.

**Types of assistive technology and therapeutic support products**

Assistive technology and support products range from consumable items such as continence, hygiene and enteral feeding products to mobility aids, assistive furniture and complex home modifications. Broadly, they are classified according to complexity, with simple devices such as elbow crutches specified as level 1 and complex home modifications including interior redesign, level 4. Eligibility for funding is determined based on assessment by an approved occupational therapist. A Soaring Health occupational therapist can help to determine the most appropriate aids and, if necessary, facilitate relevant applications, delivery or instalment and training in safe, effective use.

**Complex home modifications**

Home modification is the implementation of design and construction modifications to reduce the impact of disability, optimise independent function and create a safe environment. Home modifications are classified according to the [NDIS assistive technology complexity level table](https://www.ndis.gov.au/node/195#complexity). A [suitably qualified occupational therapist](https://www.ndis.gov.au/node/2767#builder) will need to certify the effectiveness of proposed modifications to meet your needs.

**Assistive furniture**

Specialised furniture can significantly improve mobility, comfort and an individual’s capacity to execute daily tasks independently. The array of assistive furniture spans items that enable modified activities such as dining (e.g. overbed tables), specialised beds and bedding and specialised ‘regular’ furniture such as recliners, lift chairs, hip chairs and moulded seating.

**Mobility aids**

Mobility aids can both enable independent execution of daily tasks in and outside the home, and improve safety by compensating for issues such as poor balance. Items in this category range from simple, manual aids such as elbow crutches and walking sticks and canes to sophisticated power wheelchairs and electric scooters. Certain home modifications such as ramps may also be classified as mobility aids.

**Consumables**

The array of consumable assistive products can significantly reduce the impact of common challenges that undermine independence. They can also restore an individual’s sense of dignity and provide the confidence required to participate in activities outside the home. The effects of issues such as incontinence, personal hygiene challenges and feeding difficulties can all be managed and minimised with the use of products such as incontinence products, hygiene products and home enteral nutrition products.

**Accessing support products**

Accessing products and technology to assist with injuries can be complicated. Soaring Health simplifies the process by assessing you for aids that support optimal recovery and long-term function. A Soaring Health occupational therapist has specialist knowledge of available aids and funding provisions related to specific conditions and can assist with any required funding applications. In the case of smaller aids such as orthopaedic braces, joint supports and medical aids that may be recommended by one of our health specialists, we stock a wide range of devices. If we don’t have what you need, we can order it to arrive within 48 hours.

**Who can benefit from therapeutic and assistive technologies?**

-->Adults and children experiencing effects of moderate or severe disability

-->Adults and children adjusting to physical limitations after severe accident/injury

-->Adults and children undergoing rehabilitation programs

**Related services provided by a Soaring Health NDIS-registered O.T.**

-->Home-based assessment and report on aids most likely to enable independent function across identified domains (e.g. showering, writing/communicating, participating in leisure activities)

-->Assistance with funding application forms

-->Taking care of installation requirements and ensuring devices and properly fitted and appropriate

-->Training participants in proper, safe, effective use of new devices

**Therapeutic and assistive items for which an NDIS-registered Soaring Health Thomastown occupational therapist can provide support**

* Wheelchairs, walkers and other mobility devices
* Hoists and slings
* Ramps and rails
* Specialised bedding including recliner beds
* Specialised seating and accessories
* Postural supports
* Therapeutic braces and supports
* Personal hygiene equipment
* Communication devices
* Specialised exercise equipment (e.g. modified bicycles)
* Play equipment

[end assistive technology section]

[start section on children’s health]

**Child and Adolescent Health**

**(PICTURES: CHILD 1)**

**Child and Adolescent Physiotherapy**

Children’s physiotherapy can vastly enhance physical function in children with long-term disabilities, developmental delays and acute injury or dysfunction caused by injury or illness. A specialised sub-discipline of physiotherapy, children’s physiotherapy at once minimises presenting pain or discomfort and dysfunction, and works to correct any issues that may incrementally worsen – without ‘overtreating’ issues that would resolve naturally or interfering with the body’s natural growth and healing processes. Based on knowledge of musculoskeletal conditions related to rapid growth and development – from gross and fine motor control dysfunction to gait issues – a Soaring Health children’s physiotherapist bases each client’s treatment and management plan on a comprehensive history as well as current function, to accurately predict the best response to intervention over time. To ensure treatment compliance, children’s physiotherapists place special emphasis on formulating realistic, simple, fun treatment plans as well as on showing parents and carers how to supervise exercises and manage habits at home.

**Who can benefit from children’s physiotherapy?**

-->NDIS child participants suffering injury or disability

-->Children suffering musculoskeletal pain or discomfort limiting movement

-->Children with growth delays or asymmetries affecting function (e.g. balance)

-->Children with gross or fine motor control issues or deficits

-->Children with gait issues

-->Children with musculoskeletal injuries

-->Children with developmental delays

**Services provided by Soaring Health child physiotherapists**

-->Assessment of musculoskeletal health history and status

-->Provision of intensive in-room services as required

-->Formulation of realistic and fun treatment and management plan and exercises including education of child and parents in implementation

**Child and Adolescent Psychology**

The science of neuroplasticity tells us that the brain is constantly changing in response to its environment. Nowhere is this malleability more pronounced than in children and adolescents, whose minds are in their formative stages. This makes children and adolescents excellent candidates for psychological talk therapy. Their ongoing mental development means they are highly amenable to interventions that may correct unhelpful patterns of thought, emotion or behaviour – whether they’re causing interpersonal friction or personal distress. For example, psychological counselling can also help teach young people to identify and self-regulate powerful emotions rather than acting them out or becoming overwhelmed – in turn enhancing success and satisfaction in home, school and social contexts.

Children with developmental delays, learning difficulties, cognitive limitations and diagnoses such as autism spectrum disorder and ADHD can also benefit greatly from psychological therapies, which may help them to integrate into regular school and social life and manage their limitations.

For parents and carers, a psychologist may help to make sense of behaviours stemming from emotional issues or mental health conditions, and serve as a coach for managing problem behaviours while ensuring the young person feels adequately supported as they progress towards mental and emotional wellbeing.

**Who can benefit from seeing a child psychologist?**

→ Children experiencing developmental delays (significantly behind expected progress/peers in cognitive and social abilities etc.)

-->Children with conditions that limit social success, such as autism and social anxiety

-->Children with mental health conditions such as depression and anxiety

-->Children exhibiting adverse behavioural changes (e.g. defiance)

-->Children who do or may have ADHD

-->Children with unexplained somatic complaints (e.g. tummy aches)

**Services offered by Soaring Health child psychologists**

-->Assessment of developmental level and level of function across domains (cognitive, social, etc)

-->Assessment for conditions that limit social success, such as autism and social anxiety

-->Assessment for mental health conditions such as depression and anxiety

-->Children who are academically behind and have learning difficulties

-->Therapy that works to shift and resolve issues identified as underlying difficulties (evidence-based paradigms such as CBT tailored to individual child)

**Issues that may be treated or managed by a child psychologist**

-->Developmental deficits or delays

-->Anxiety

-->Behavioural issues/acting out

-->Mental health conditions such as depression and anxiety

-->Social difficulties (including bullying or being bullied)

-->Traumatised children (accident or interpersonal trauma)

**Child and Adolescent Occupational Therapy**

Occupational therapy is often associated with restoring quality of life in a person’s twilight years. But it can also transform the lives of children and adolescents facing the limitations of physical, intellectual or psychological disability, injury, illness or dysfunction by enabling them to function at the highest level they can – in turn enhancing life satisfaction. By combining clinical knowledge, knowledge of education and childcare, familiarity with relevant legislation and local resources and a large degree of creativity, an occupational therapist or O.T. will circumvent barriers to a child’s independence and success by adapting the environment or processes to leverage their strengths and abilities. This may include the prescription of assistive technology or therapeutic aids that overcome or minimise a child’s specific functional limitations. Driven to encourage a child or teenager’s independence and confidence in their own capacity to participate fully in school, leisure and social activities, a Soaring Health occupational therapist may also adopt an informal coaching role – from helping a participant to become proficient in new skills to serving as a language practice partner to relieve social anxiety associated with speech difficulties. An occupational therapist will also educate family members and, where relevant, teachers and carers, to ensure a young person is supported in their efforts to realise independence and wellbeing.

**Who can benefit from children’s occupational therapy?**

-->NDIS child participants suffering injury or disability

-->Children suffering musculoskeletal pain or discomfort limiting movement

-->Children with growth delays or asymmetries affecting function (e.g. balance)

-->Children with gross or fine motor control issues or deficits

-->Children with gait issues

-->Children with musculoskeletal injuries

-->Children with developmental delays

**Services provided by Soaring Health child occupational therapists**

-->Assessment of functional capacity and limitations

-->Home and school facility assessment and modification recommendations

-->Prescription of assistive and therapeutic aids / assistance with training

-->Formulation of realistic management plan including education of child and parents in implementation  
  
**(PICTURES: OT 3)**

[end children’s section]

[start psychology section]

**Psychology**

**(PICTURES: PSYCH)**

It’s now common knowledge that mental and emotional healing and techniques can enhance physical recovery. Psychological talk therapy techniques can also help to build self-esteem, identify goals and restore belief in a satisfying life after an accident, injury or trauma as well as helping to manage the frustrations of changed life circumstances. Maybe you’re plagued by intrusive thoughts or memories of trauma. You may be seeking a natural way to manage chronic pain or need support and motivation to persevere on the road to recovery after a setback. Or perhaps you wish to rebuild your confidence or find a new direction after time out from the workforce. If you’re living with a disability, you may be surprised by how your thoughts and beliefs affect your capacity to achieve the things you wish to. Psychological therapy can help to correct faulty thought patterns that may be holding you back.

Whatever your challenges, a Soaring Health psychologist will use personalised, evidence-based therapeutic paradigms and techniques such as cognitive behaviour therapy (CBT) to support you to realise your own solutions towards your wellbeing goals. For clients suffering from low-self esteem, anxiety or depression – all common by-products of trauma, complex grief, loss of independence and isolation – a psychologist can support you to gain confidence in your own capacities and help you to cultivate a meaningful, satisfying life.

-->Those seeking greater clarity in goals and life direction, including after a life-changing accident or injury

-->Those seeking to change limiting thoughts and beliefs (including low self-esteem and lack of confidence to pursue goals due to injury or disability)

-->Those experiencing stress and/or burnout (may present as low energy, fatigue and apathy)

-->Those with diagnosed mental health conditions such as depression, anxiety and mood disorders seeking to learn skills to manage symptoms

-->Those seeking better relationships in any domain (intimate, friendship, workplace)

-->Adolescents and children with behavioural and or/social issues, or reported mental distress

-->Children with developmental delays or learning difficulties

**Services provided by Soaring Health psychologists**

-->Assessment for mental health conditions that may produce exhibited symptoms

-->Appraisal of mental and emotional functioning (with comprehensive health history)

-->Therapy that works to shift and resolve issues identified as underlying difficulties (evidence-based paradigms such as CBT and ACT, tailored to the individual)

-->Referral to psychiatrist for medication assessment / collaboration with psychiatrist or GP to integrate medication with talk therapy

**Issues that may be treated or managed by a psychologist**

-->Issues resulting from trauma (e.g. major accident), including PTSD

-->Grief and bereavement after loss (including post-separation or divorce)

-->Lack of clarity in goals/values and life direction (e.g. after unexpected exclusion from the workforce due to accident or injury)

-->Depression and anxiety

-->Interpersonal/relationship difficulties

-->Addiction and compulsion (e.g. alcohol, gambling, social media, compulsive shopping, overeating)

-->Excessive worry and chronic stress

[end psychology section]

[start dietetics section]

**Dietetics  
(PICTURES: DIET 1&2)**

Nowhere is the phrase, ‘let food be thy medicine’ more pertinent than in rehabilitation and recovery. Specially trained in how food affects the body, dietitians translate nutrition science into practical advice to achieve desired outcomes – whether that’s facilitating optimal recovery from injury or illness, managing symptoms of conditions such as arthritis, heart disease or cancer, promoting healthy weight loss for heart health or to relieve joint and muscle pain, re-building muscle mass lost due to age, injury or illness, or simply optimising physical and mental wellbeing.

As well as thoroughly assessing clients’ health history and current status, lifestyle, food preparation capabilities and preferences, an accredited practising dietitian (APD) educates clients about foods to consume and avoid as well as combinations that benefit clients’ goals. In addition to transposing their recommendations into a practical, personalised meal plan, a Soaring Health dietitian may provide motivational counselling to help clients to implement and maintain healthy changes. In some cases, dietitians recommend dietary supplements to ensure that the body obtains the nutrients it needs to function at its best.

**Who can benefit from seeing a dietitian?**

-->Those recovering from injury and seeking to rebuild strength and restore nutrient balance

-->Those with limited food repertoire (e.g. due to cooking limitations or eating difficulties), who may suffer nutrient deficiencies

-->Seniors who have lost interest in preparing healthy meals

-->Seniors who have lost muscle mass and strength due to age or illness

-->Those whose excess weight worsens or prolongs muscle or joint injuries or conditions

-->Those seeking to gain weight or restore appetite lost through age or illness

-->Children with minor eating difficulties

-->People with food intolerances and allergies

-->Those diagnosed with nutrient deficiencies and related conditions such as anaemia

-->People seeking to optimise immunity and physical and mental wellbeing

**Soaring Health dietitians offer the following services**

-->Appraisal of current nutrition intake

-->Provision of personalised dietary advice and guidance and food recommendations to achieve health goals

-->Nutrition education and guidance in food choices and combinations

**Issues that may be treated or managed with dietetics**

-->Facilitating optimal recovery from injury or illness (including healthy weight gain if applicable)

-->Supporting rehabilitation and recovery programs by optimising physical strength and vitality

-->Rebuilding strength and muscle mass after injury or intensive treatment (e.g. chemotherapy)

-->Managing symptoms of heart disease

-->Managing certain symptoms of cancer and effects of cancer treatment

-->Healthy weight loss for heart health and to relieve joint and muscle pain

-->Managing symptoms of conditions such as irritable bowel syndrome (IBS)

-->Nutrient deficiencies from a limited or unbalanced diet

-->Food intolerances and allergies

-->Coeliac disease

-->Irritable bowel syndrome (IBS) and low FODMAP for symptom management

-->Basic paediatric nutrition issues (e.g. child won’t eat vegetables)

[end dietetic section]

[start chiropractic section]

**Chiropractic**

**(PICTURES: CHIRO 1&2)**

Complex injuries and pain often involve an interplay between injured body parts and the nervous system. Chiropractic is a holistic, hands-on, drug-free healthcare discipline that comprehensively assesses and treats conditions and disorders of the musculoskeletal system with an emphasis on the contribution of the nervous system.

Often sought for specific injuries and pain, the treatment also identifies and addresses less obvious issues responsible for referred pain and secondary complaints. While common targets for chiropractic treatment include back pain, neck pain and joint pain, chiropractic can also address health concerns such as headaches that may be secondary effects of injury or dysfunction.

The best known chiropractic treatment technique is a chiropractic adjustment (the word ‘chiropractic’ comes from the Greek words for ‘hands’, cheir and ‘practice’, praxis). Based on a thorough assessment, which may include X-rays, a chiropractor will carefully and purposefully apply pressure to your spine or other joints to adjust and correct alignment, to reduce pain and improve movement.

In many cases, such as lower back pain, chiropractic care may be a standalone treatment. However, a Soaring Health chiropractor may also refer you to other health professionals and, where appropriate, work collaboratively with them on co-occurring complaints or conditions.

**Who can benefit from seeing a chiropractor?**

-->People recovering from single or multiple injuries

-->Sufferers of headaches and other recurring pain

-->Sufferers of chronic pain conditions

-->Those suffering from back, neck or leg pain from prolonged sitting and/or lying due to disability or illness

**Soaring Health chiropractors provide the following services**

-->In room consultation

**Issues a chiropractor can help to treat or manage**

-->Impaired movement in neck, shoulders, back and torso

-->Poor posture

-->Limited flexibility

-->Headaches

-->Neck and back pain

-->Gait and foot problems

-->Pain conditions such as fibromyalgia

-->Jaw (TMJ) clicking and pain

-->Radiating pain in arms and legs

-->Pregnancy-related backache

[end chiropractic section]

[start exercise physiology section]

**Exercise Physiology** [all new inc bullet points, please check]

**(PICTURES: EXC1,2& 3)**

Exercise physiology is often associated with athletic performance, but exercise physiologists can also help to enhance rehabilitation from injury, minimise long-term injury risk from the effects of injury, and optimise physical function in the case of anatomical anomalies (e.g. a shorter leg after compound fracture). Exercise physiologists can also help to minimise limitations and pain caused by conditions such as arthritis, osteoporosis and chronic pain. Using intricate knowledge of the body’s natural movement patterns and the cardiovascular and endocrine systems, they may prescribe exercises to correct problematic movement and musculoskeletal vulnerabilities and recommend modifications to harness your body’s strengths.

**Who can benefit from seeing an exercise physiologist?**

-->People recovering from single or multiple injuries

-->Sufferers of chronic pain

-->Sufferers of arthritis or osteoporosis

-->Those suffering pain, stiffness and movement limitations from prolonged sitting and/or lying due to disability or illness

-->Those with conditions that limit functional capacity or affect movement patterns

-->Those wishing to engage in exercise after injury

-->Those with limiting physical anomalies (e.g. gait difficulties)

**Soaring Health exercise physiologists provide the following services**

-->In room consultation

-->Gym-based guided exercise

**Issues an exercise physiologist can help to treat or manage**

-->Impaired movement due to injury or disability

-->Altered anatomy due to injury (e.g. shortened leg)

-->Gait problems / conditions such as ‘knock knees’ or intoeing gait

-->Poor posture and conditions such as scoliosis

-->Limited flexibility

-->Chronic pain

-->Conditions such as arthritis and osteoporosis

[end exercise physiology section]

[start myotherapy section]

**Myotherapy and Remedial Massage**

**(PICTURES: MYO1 & 2)**

[Remedial massage](https://www.mmrm.com.au/remedial-massage/) and myotherapy are often mentioned together, but they have distinct therapeutic merits. While both are hands-on modalities used to heal musculoskeletal injuries and pain, the difference lies in their focus.

**Remedial massage** is a safe, gentle, relaxing treatment that harnesses the body’s natural healing processes by encouraging blood and nutrient supply to restricted and injured muscles. This facilitation allows the nervous system to effectively heal the body.

**Myotherapy** treats pain and restricted joint mobility caused by dysfunction of the myofascia – which is the continuous, flexible tissue that covers your body’s bones and muscle. While healthy myofascia is pliable and enables free movement, myofascia damaged by trauma or inflammation can cause restrictive joint and muscle symptoms. Telltale signs of injured muscle fascia or *myofascial pain* include stiff joints, constant deep nagging pain or tension, numbness, sore spots in the muscle (technical term: myofascial trigger points), reduced joint mobility, recurring tingling, tightening of muscles and unexplained fatigue. In treating such issues, a myotherapist may use techniques including deep tissue massage, dry needling or trigger point therapy, spinal mobilisation and myofascial release to promote efficient healing.

**Who can benefit from remedial massage?**

-->Those seeking a relaxing, gentle, natural treatment method of healing musculoskeletal injuries by harnessing the body’s own healing processes

-->Those seeking to manage symptoms of chronic conditions such as arthritis and multiple sclerosis

-->Those with long-term or chronic pain due to injury or disability

**Services provided by Soaring Health remedial massage therapists**

-->Soft tissue therapy

-->Trigger point release

-->Relaxation

-->Deep tissue

-->Cupping

-->Myofascial dry needling

-->Stretching

**Issues that may be treated or managed with remedial massage**

-->Neck pain

-->Back pain

-->Tension headache

-->Jaw pain from bruxism (teeth grinding)

-->Lateral and medial elbow pain

-->Frozen shoulder

-->Arthritis

-->Sciatica

-->Whiplash

**Myotherapy**

**Who can benefit from myotherapy?**

-->Anyone suffering from muscle or joint pain or dysfunction

**Services provided by Soaring Health myotherapists**

-->Deep tissue massage

-->Dry needling

-->Cupping

-->Fascia release techniques

**Issues that may be treated or managed with myotherapy**

-->Myofascial pain (often indicated by stiff joints, constant deep nagging pain or tension, numbness, sore spots in the muscle, reduced joint mobility, recurring tingling, tightening of muscles and unexplained fatigue)

-->Postural issues causing dysfunction (balance, flexibility, limited movement) or pain

-->Lower back, neck and shoulder pain from prolonged sitting (especially desk workers)

-->Muscular pain and stiffness (massage therapy techniques and dry needling can work together to release and deactivate tight muscular trigger points associated with stiffness and dull muscular pain)

-->Headaches caused by referred pain from neck or back (e.g. due to poor posture)

-->Chronic shoulder pain and dysfunction (e.g. rotator cuff)

-->Prevent unnecessary invasive surgery for neck, lower back, shoulder or knee

[end myotherapy section]

[start initial accident assessment section] **[new copy to check, inc DVA inclusion? Check placement, after OT for accident victims?]**

**Initial Accident Assessment**

**(PICTURES: IAA1 & 2)**

If you’ve been injured in an accident, it can be difficult to know which therapeutic services you need, and in which combination – especially if you’ve suffered multiple injuries and, possibly, psychological trauma. A Soaring Health initial accident assessment will identify the most appropriate services and facilitate your engagement in a single-discipline or multidisciplinary treatment plan matched to your condition and recovery goals. Conducted by a Soaring Health practitioner with specialist knowledge of accidents and associated insurance provisions, your assessment will methodically evaluate your physical and psychological condition. You will then receive a recommendation comprising relevant services, as well as advice regarding your eligibility for treatment under TAC, WorkCover or DVA programs and assistance with any required applications.

**Who can benefit from an initial accident assessment?**

-->Anyone who has been injured or suffered trauma in a road, workplace or service accident

**Services provided by Soaring Health accident assessment practitioners**

-->Physical and psychological assessment

-->Personalised treatment service recommendations

-->Advice on eligibility for relevant insurance schemes (e.g. WorkCover, TAC, DVA)

-->Assistance facilitating relevant applications and treatment commencement

For more information on TAC, WorkCover and DVA provisions, turn to p. xx

[end initial accident assessment section]

**Home services**

**Home Visit**

If your injury or disability make it difficult to attend appointments, why not let your treatment team of allied health professionals come to you? As well as eliminating the stress and hassle of transportation, home visits by Soaring Health’s physiotherapists, chiropractors, dietitians and occupational therapists have the fringe benefit of integrating exercises into your daily environment using available space and resources – increasing the likelihood that you’ll follow your program and realise your rehabilitation goals.

**(PICTURES: HOME)**

[last page]

**Start your Soaring Health journey**

**(PICTURES: FINAL)**

Whether you’re newly injured and starting your recovery or seeking to overcome the limitations of long-term disability, simply choose your preferred contact method to learn more about how Soaring Health’s treatment services can help you to feel, live and be well.

**Log on** www.soaringhealth.com.au

**Call us** [9013 5987](https://www.google.com/search?source=hp&ei=92poXZCUK8Sb9QPC4aTQAg&q=soaring+health+&oq=soaring+health+&gs_l=psy-ab.3..35i39j0l8.630.3500..3624...3.0..0.270.3753.0j13j6......0....1..gws-wiz.....10..0i131j0i131i67j0i67j0i20i263j0i10.aq0tL8ZhPms&ved=0ahUKEwjQ68jRqKnkAhXETX0KHcIwCSoQ4dUDCAc&uact=5)

**Email** hello@soaringhealth.com.au

**How to find us [graphic of map]**

Centrally located in Thomastown, in the Thomastown Recreation and Aquatic Centre (TRAC), we are open [days/hours]. We welcome you to drop in and speak with our friendly team about how Soaring Health’s services can enhance your health and wellbeing.

[end closing details]