

falls

Have you had a fall or a series of near misses?

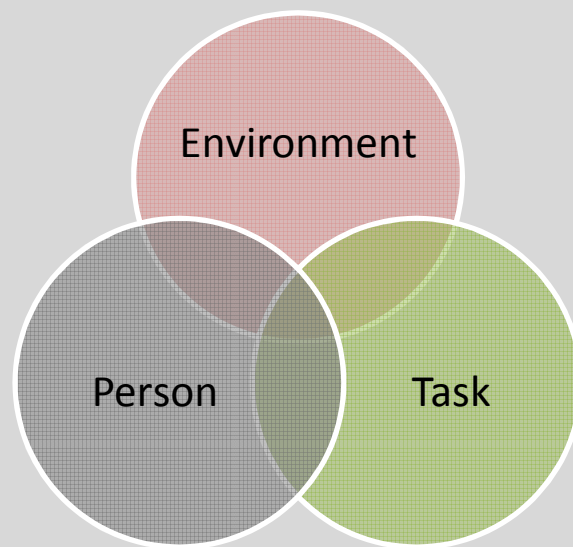
Are you afraid of falling?

Have you reduced your activities and social life because of this fear?



Reduced confidence and fear of falling is common in people who have had even the most minor fall. People who are worried about falling often avoid doing the things they love to do, which limits their participation and quality of life. This cycle of inactivity leads to deconditioning and increased risk of falling.

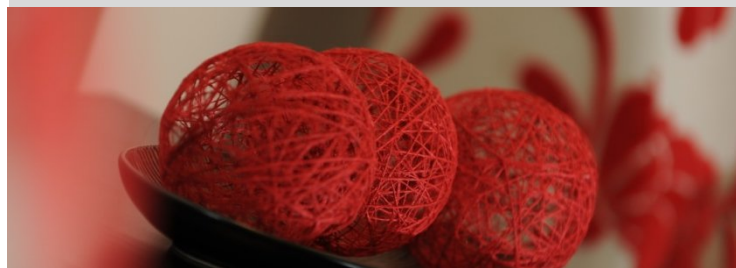
The good thing about this problem is that it can be fixed. People often feel that 'reduced balance' is just a part of old age and can't be prevented. However, scientific studies have shown that Falls Prevention programs run by physiotherapists, occupational therapists, and podiatrists act to improve balance and reduce falls. You see, 'balance' is not just one thing – and with our complete approach we are able to evaluate all the factors contributing to balance. In this way we can identify and address the specific contributing factor(s) leading to falls risk.



physiotherapy

Our physiotherapists have worked extensively in this specialised area of physiotherapy. We are able to address the entire range of body systems related to balance.

- Strength and reflexes
- Inner ear (vestibular) function
- Movement patterns
- Vision
- Balance exercises
- Vestibular rehabilitation
- Gait aid prescription



occupational therapy home visit

As an experienced Occupational Therapist, Janelle is equipped to evaluate the environmental and task orientated components of falls assessment. Janelle is able to complete an assessment in your own home so she can identify and address the factors specific to *you*.



- Lighting
- Tripping hazards
- Slipping
- Aids and appliances

podiatry

Falls prevention is all about staying on your feet, and your feet play an important role in balance. Our Podiatrist, Nicole Murphy, specialises in biomechanical assessment and management and is able to conduct thorough analysis of your feet and offer practical advice and management.

- Sensation and proprioception
- Footwear





fusion allied health provides the avenue for premium like-minded health professionals to operate a quality multi-disciplinary service.

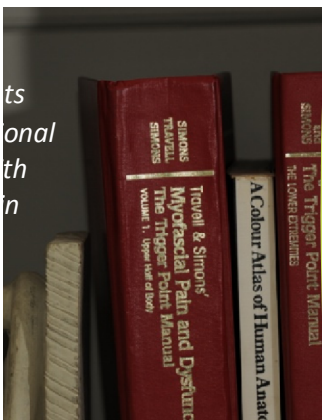
DISCIPLINES

- Physiotherapy
- Podiatry
- Remedial Massage
- Exercise Physiology
- Aquatic Physiotherapy
- Diabetes Education
- Occupational Therapy

SERVICES

- Pilates
- Falls & Balance
- Rehab Gym
- Home Visits
- Hydrotherapy
- Ai Chi Meditation
- Work Conditioning
- Strength Training
- Education
- Personal Training
- Back Care

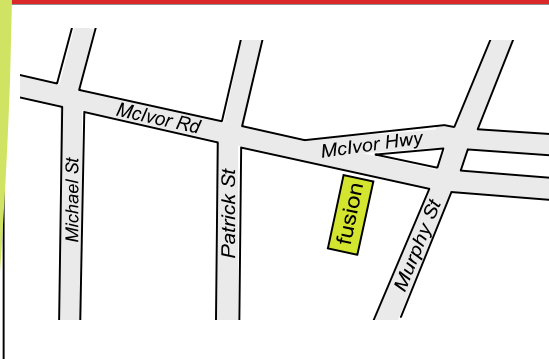
fusion represents the blend of traditional health concepts with modern advanced technique and approaches.



APPOINTMENTS

To make an appointment for any of our services please call our reception staff between 9.00-5.00 Monday-Friday.

Appointments outside normal working hours are available.



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fusion
PHYSIOTHERAPY

Falls Clinic @ **fusion**



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