

MBPH ALLIED HEALTH Neuro Group Rehabilitation

What is Neuro Group Rehabilitation?

Neuro group is an exercise-based program aiming to support people with movement disorders who have had a recent hospital admission within the last three months, or have needed to present to the Emergency Department due to their condition.



Movement Disorders include:

- Stroke
- Transient Ischemic Attack (TIA)
- Traumatic Brain Injury
- Parkinson's Disease
- Spinal Cord Injury
- Motor Neurone Disease
- Multiple Sclerosis
- Neurological Surgery
- Functional Neurological Disorder

Neuro Group is structured to be:

- Goal Based and tailored to your needs
- Small groups limited to 6 participants
- 8-week program on Wednesdays and Fridays
- Run by qualified allied health staff: Exercise Physiologist / Physiotherapist / Allied Health Assistant

Neurological Group aims to help you:

- Get back to what you want to do
- Have more energy to do daily tasks
- Manage fatigue
- Improving your fitness
- Improve mood and sleep
- Improve your general health and wellbeing
- Increase your tolerance for general activities of daily living, e.g shopping.

What do I need to bring?

- Please wear exercise appropriate clothing
- Any gait aide you may need: walking stick, 4 wheeled walker, crutches
- A bottle of water
- A towel

How do I join?

Referrals are often made by hospital physiotherapists on the ward, however GP and Self-Referrals are welcome by contacting community services

COMMUNITY SERVICES

 **(03) 5022 3250**

**Classes: Wednesdays & Fridays 11am - 12noon
(except public holidays)**