

# Allied Health Exercise Programs

Richmond - Semester 1 - 2019

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Our groups and programs aim to promote a positive, active and healthy outlook.



## **GLA:D (Good Life with Osteoarthritis from Denmark)**

This physiotherapy led, researched program helps people with Osteoarthritis of the hip or knee to improve muscle strength and control of the joint which leads to less pain and improved quality of life. A physiotherapy assessment is required prior to starting.

When: Mondays 12:00-1:30pm from 7<sup>th</sup> January  
Thursdays 10:00-11:30am

Where: The Collinson Room, Richmond site

Cost: \$96 for 12 classes plus 2 free education sessions (\$8 per class)

## **Physio Active 4 Better Balance**

This 15 week physiotherapy led exercise program is for people who have been having falls or who are fearful of falling. Includes strength, balance and flexibility exercises. A physiotherapy assessment is required prior to starting.

When: Thursday 2:30-3:30pm from 10<sup>th</sup> January

Where: The Collinson Room, Richmond site

Cost: \$8 per session

## **Physio Active**

This physiotherapy led exercise program uses progressive resistance strength training to improve bone density, arthritis, osteoporosis, strength, fitness & diabetes.

When: Monday 2:30-3:30pm from 7<sup>th</sup> January

Wednesday 9:30-10:30am

Where: The Collinson Room, Richmond site

Cost: \$4 per session

## **Aquatic Physio**

This physiotherapy led, low impact exercise program is conducted in a warm water pool. Benefits include: reduced pain, increased joint mobility, increased muscle strength and relaxation. A physiotherapy assessment is required prior to starting.

When: Tuesday 3:00-4:00pm from 8<sup>th</sup> January

Thursday 12:00-1:00pm

Where: Epworth Hospital pool

Cost: \$5 per session

## **Warm Water Exercises**

This low impact exercise program is conducted in a warm water pool. Benefits include: reduced pain, increased joint mobility, increased muscle strength and relaxation. A physiotherapy assessment is required prior to starting.

When: Monday 12:00-1:00pm from 7<sup>th</sup> January  
Tuesday 12:00-1:00pm

Where: Epworth Hospital pool

Cost: \$5 per session

## **Fitness and Friendship**

An exercise group for people with chronic health conditions. This is a circuit based program that includes strength, balance and flexibility exercises.

When: Fridays 9:00-10:00am from 10<sup>th</sup> January

Where: The Collinson Room, Richmond site

Cost: \$5 per session

## **Access Health & Community: Richmond**

283 Church Street  
Richmond VIC 3121

## **Epworth Hospital pool**

89 Bridge Road  
Richmond VIC 3121



## **Our fees**

We are dedicated to ensuring our community is provided with accessible health care services.

We ensure that difficulty or inability to pay will not be a barrier to attending a service. Our staff are knowledgeable in the different funding options available. Please call to discuss your needs.