



At MetroRehab Hospital our vision is a better life for our patients

Parkinson's Disease Program

On April 11th 2018, MetroRehab Hospital was featured in the Sydney Morning Herald in an article putting the focus on Parkinson's disease (PD) and its treatment as part of Parkinson's Awareness Day. Patients with Parkinson's disease can be proactive in treating their condition by attending the day rehabilitation program. The day program is a 2-3 hour day only program led by a Rehabilitation Physician and therapy is delivered by a multidisciplinary team consisting of a physiotherapist, exercise physiologist, music therapist, and speech pathologist. Two important aspects to the program are PD Warrior and Speech Therapy.

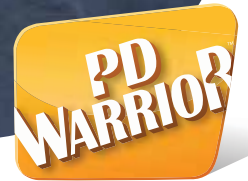
What can Speech Therapy offer in Parkinson's Disease?

The speech pathologist carries out therapy based on the principles from the Lee Silverman Voice Treatment or LSVT LOUD. By focusing on a single goal "Think LOUD!" the treatment can improve breathing as well as control of the voice box and articulation so that speech is easier to understand. This speech therapy has been found to be particularly effective in the early or middle stages of the condition.

What is PD Warrior?

The PD Warrior program is an exercise based program delivered by a certified PD Warrior clinician who guides patients in an hour long exercise session. PD Warrior is an exercise therapy designed to enhance movement in order to make everyday activities easier.

MetroRehab staff performing PD Warrior exercises on the hospital grounds as part of Parkinson's Awareness Day - April 11, 2018



If you or a friend/ family member has Parkinson's disease and would like to participate in either the day program or join a PD Warrior class, please call (02) 8585 4914 to make an appointment to see our team.

PD Warrior in action at MetroRehab Hospital



Exercise in Cancer Care

In April 2018, the Clinical Oncology Society of Australia (COSA) released a position statement regarding the important role of exercise in cancer care. COSA has called for “exercise to be embedded as part of standard practice in cancer care and to be viewed as an adjunct therapy that helps counteract the adverse effects of cancer and its treatment”. COSA also states that “accredited Exercise Physiologists and Physiotherapists are the most appropriate health professionals to prescribe and deliver exercise programs to people with cancer”.

To read COSA's full position statement, go to cosa.org.au/publications/position-statements

In line with COSA's recommendations, MetroRehab Hospital continues to offer an established Cancer Reconditioning Program through the day program which includes supervised exercise sessions by an accredited Exercise Physiologist with experience in cancer care. Programs can be tailored to meet the individual's needs with additional therapies such as physiotherapy or clinical psychology included as required. Education is integral to the program and is incorporated during every therapy session throughout the program.

If you would like to include regular supervised exercise as part of your cancer care for yourself or someone you know, see your GP or specialist to discuss being referred to MetroRehab's Cancer Reconditioning Program.

For all enquiries or to book an appointment with a Rehabilitation Physician, please call **(02) 8585 4914**. Alternatively, visit our website at metrorehab.com.au.

What is a “Reconditioning Program”?

A Reconditioning Program aims to maximise or restore independence, exercise tolerance and endurance in a person who is deconditioned. Being deconditioned means that you have experienced a **significant decline** in your physical function and you require assistance with performing activities of daily living (e.g. showering and getting dressed), and you also may require assistance with walking. A Reconditioning Program aims to restore your function back to your baseline level.

Reconditioning Programs are suitable for those people whose deterioration in function is **following an acute surgical intervention**, or an **acute medical condition**, or an **exacerbation of a chronic illness**.

MetroRehab offers both inpatient and day only programs. These programs may include Falls Prevention sessions, Balance sessions, Strength and Conditioning sessions, and outdoor walking sessions – additionally, all our therapists provide education as you exercise so that you learn more about your body and what you need to do to regain your function and independence as quickly as possible.

If you are interested in learning more about these programs, please contact us on call **(02) 8585 4914** so that we can help you achieve a “better new normal”. Alternatively, visit our website at metrorehab.com.au.

