



Supporting movement, independence and participation.

What is Physiotherapy?

Physiotherapy focuses on how your body moves and functions, and how this affects the things you do each day. Physiotherapists assess movement, strength, balance and mobility, then use exercise, rehabilitation, movement practice, treatment and education to address difficulties and build or maintain physical abilities.

How our Physiotherapists can help

At Back to Basics, we provide personalised physiotherapy for children, adults and older adults. We start with an initial assessment to understand what you want to do, what has become difficult and the support you already have.

Together, we develop a plan around your priorities, whether that means recovering from injury, reducing falls risk, managing transfers more safely or maintaining the abilities needed to continue living at home or in your preferred residence. We regularly review your plan and make changes when needed.

Our physiotherapist can support you in the following areas:

Walking and everyday mobility

We assess how you move and help you practise activities such as walking around your home or community, managing stairs, moving in bed and getting into a vehicle. Recommendations reflect your needs, environment and the assistance or mobility aids you use.

Falls risk, balance and confidence

We assess factors affecting your balance and mobility, including falls or near misses and concerns about falling. We develop a plan to address identified risks through strength and balance exercises, movement practice and advice about mobility. We involve other professionals when further assessment or support is needed.

Safer transfers and manual handling

Transfers include getting out of a chair, moving between a bed and wheelchair, or getting on and off the toilet. We assess these tasks and provide guidance on suitable techniques, equipment and assistance. With your consent, families and support workers can learn how to assist with your agreed transfer plan.

Please discuss complex transfers, hoist use or specialist equipment needs with us before booking, so we can confirm suitability and the arrangements required.

Strength, endurance and rehabilitation

We tailor exercises and activity to your current abilities and goals, including rebuilding strength after illness or reduced activity. Following injury, surgery or a hospital stay, we plan rehabilitation around your recovery goals and instructions or restrictions from your treating team.

Neurological rehabilitation

We support people living with stroke, Parkinson's disease, multiple sclerosis, acquired brain injury and spinal cord injury.

Our physiotherapists assess how your condition affects movement and everyday activities, then develop a plan around your abilities and goals. Support includes strength and balance exercises, walking and coordination practice, and assistance with everyday transfers, such as getting out of bed or moving between a wheelchair and other seating.

We work with you to develop, regain or maintain physical abilities, manage changes in mobility and support participation in daily life.

Pain, stiffness and comfort

We explore how symptoms affect your movement and daily activities. Your plan can include movement advice, exercises, pacing and treatment suited to your assessment, with a focus on activities that matter to you.



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Condition and recovery needs we support

We support children, adults and older adults with a range of conditions affecting movement and everyday activities. Your goals, abilities and circumstances guide your physiotherapy plan.

Neurological conditions

Stroke, Parkinson's disease, multiple sclerosis, acquired brain injury, spinal cord injury and cerebral palsy.

Muscle, joint and bone conditions

Osteoarthritis and other arthritis, back and neck pain, shoulder, hip and knee conditions, muscle and tendon injuries, osteoporosis, and recovery following fractures.

Dizziness and balance conditions

Vestibular disorders, including benign paroxysmal positional vertigo (BPPV).

Movement and development

Developmental delay affecting movement, developmental coordination disorder, and movement difficulties associated with autism and other developmental conditions. Support focuses on physical skills for play, school and everyday activities.

Age-related conditions

Frailty, age-related loss of muscle strength, and mobility difficulties associated with dementia.

Recovery after surgery, injury or illness

Rehabilitation following hip or knee replacement and other orthopaedic surgery, recovery from injury, and rebuilding physical abilities following illness, a hospital stay or prolonged inactivity.

You don't need a confirmed diagnosis to contact us. Tell us what's been difficult, and we'll help you work out whether physiotherapy is a suitable next step.



Support where everyday life happens

Appointments are arranged according to your needs, suitability and availability:

- At home, including supported accommodation or an aged care setting.
- At school or work
- At a suitable community location (like a gym or sports venue)
- At our Home Base in Burwood East.
- By telehealth, where appropriate.

A home visit gives us an opportunity to assess and practise with your usual stairs, seating or equipment. Our Home Base in Burwood East offers another setting for assessment and exercise. Telehealth is an option for suitable reviews, education and program discussions; some assessments and treatments need an in-person appointment.



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Your first appointment

Your initial appointment is about understanding your situation and deciding on next steps together. You do not need to know which treatment you need before you attend.

Understanding what's important to you

Your physiotherapist discusses your concerns, relevant health history, daily activities and what you want to improve or maintain. This includes relevant falls, pain, changes in mobility, surgery, medical restrictions, equipment and current supports.

Assessing movement and function

The assessment focuses on your needs. It can include observing walking or transfers, checking movement and strength, assessing balance or looking at an everyday task. Suitable measurements help establish a starting point for later review. The tests selected depend on your circumstances.

Explaining findings and agreeing on a plan

Your physiotherapist explains the findings and discusses options with you. Together, you agree on treatment, exercises, education and any further information or referrals needed. Appointment frequency and review timing reflect your needs and circumstances.

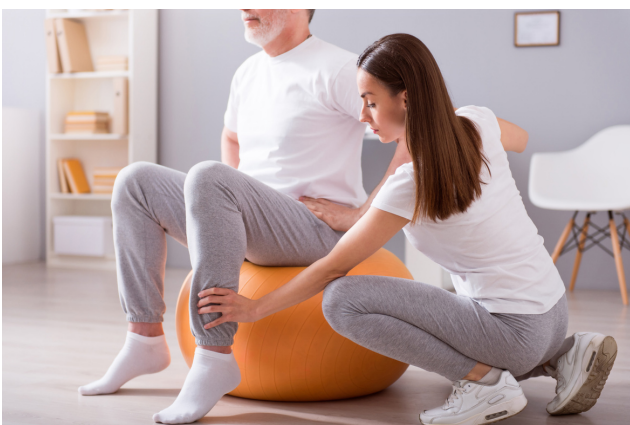
We explain proposed assessment and treatment and check your consent. You can ask questions, request adjustments, take a break or decline any part of the appointment. Let us know if a support person, interpreter or communication adjustment would help.



Preparing for your appointment

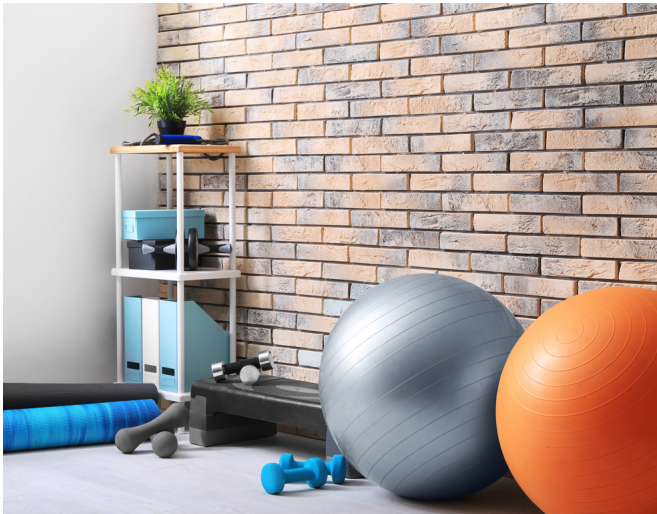
- Complete the pre-appointment questionnaire so your physiotherapist can prepare. Ask our team if you need help with it.
- Provide relevant reports, discharge instructions, restrictions or existing exercise and transfer plans through the questionnaire or another approved Back to Basics channel. You do not need every type of document.
- Wear comfortable clothing and your usual footwear where practical. Have your usual mobility aids and relevant equipment available.
- Think about one or two activities you would most like help with and any questions you want to ask.
- Tell us about access issues, stairs, pets or other considerations for a home visit, and who will be present.

Please tell us if your health or mobility changes before the appointment. Where essential clinical instructions are missing, we obtain the information needed before proceeding with the relevant assessment or treatment.





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Ongoing support and everyday practice

Ongoing appointments build on your assessment and agreed goals. Sessions include relevant checks on changes since the last visit, movement practice, exercise progression, treatment and discussion of what is working or difficult.

Progress is not always about doing more. Maintaining an ability, improving comfort, building confidence or making a task easier with assistance can be meaningful goals. Your physiotherapist reviews progress with you and adjusts the plan as needed.

Between appointments

When a home program forms part of your plan, we provide manageable activities and clear instructions about what to practise, how often and what to do if problems arise. Practice can fit into daily routines. Tell us if the program is difficult to follow or fit in so we can adjust it.

Family, carers and support workers

With your consent, we involve the people supporting you in learning how to assist with your agreed program, mobility and transfers. We clarify the assistance needed, relevant manual-handling guidance and when to seek advice. Recommendations take account of your preferences and their capacity.

Working with your wider care team

Physiotherapy works alongside occupational therapy, speech pathology, positive behaviour support, osteopathy and allied health assistant services at Back to Basics, as well as your chosen external providers.

For example, your physiotherapist and an occupational therapist can work together on mobility, transfers and the home environment. Shared planning helps connect movement practice, equipment recommendations and daily routines with your goals for living in your preferred home.

Where suitable, an allied health assistant can help you practise a physiotherapist-designed program under supervision. Your physiotherapist remains responsible for assessment, planning, delegation and review. Assistant sessions do not replace clinical review when your needs change.

You can access physiotherapy on its own. We discuss additional services with you when they are relevant, and respect your choice of providers.

Funding, fees and getting started

Contact our team to discuss the funding pathway relevant to you. We explain fees, travel and other charges, and any referral or funding approval requirements before you proceed. Appointment availability depends on your location, needs and the support required.

You, a family member or a referrer can contact us to discuss physiotherapy. Already a Back to Basics client? Speak with your clinician or our team and we will let you know what information needs updating.

Phone: (03) 9763 7613

Email: info@backtobasicshealthgroup.com.au

Make a referral