

For more information please contact:

Physiotherapy Department
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About Calvary

Founded in 1885 by the Sisters of the Little Company of Mary, Calvary is a charitable, not-for-profit, Catholic health care organisation. Our mission is to provide quality, compassionate health care to the most vulnerable, including those reaching the end of their life. With over 18,000 staff and volunteers, we have a national network of 14 Public and Private Hospitals, 72 Residential Care and Retirement Communities and 19 Community Care service centres.



Mater Newcastle

Awabakal Country,
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www.calvarymater.org.au

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Physiotherapy Services



Mater Newcastle

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Mater Newcastle is a public hospital within the Hunter New England Local Health District network.

The Physiotherapy Department at Calvary Mater Newcastle provides both inpatient and outpatient services.

A referral from a GP, or treating medical practitioner is required to attend outpatient physiotherapy. Please ask them to fax the referral to the fax number listed over leaf.

Our opening hours are from 8am to 4:30pm, Monday to Friday.

Outpatient services include:

1. Musculoskeletal physiotherapy

Musculoskeletal physiotherapy involves assessing and treating muscles, joints, post fracture and surgical management. This may include manual therapy and providing a home exercise program.

2. Lymphoedema therapy

Lymphoedema therapy involves assessing and treating swelling of limbs. This may include compression stockings, exercise and general home advice.

3. Exercise groups

We provide two exercise groups in our physical therapies gym:

- Our **Falls Prevention Group** is held once a week for six weeks. This class is supervised by a physiotherapist.

Each week includes a gentle exercise class and an education session from an allied health staff member. A falls prevention referral is required to attend this group from a GP or treating medical practitioner.

- Our **Conditioning Class** is held twice a week for six weeks. This class is supervised by a physiotherapist.

This class aims to improve general fitness and strength. It is good for people who have low back pain or are weak from treatment for cancer or other medical conditions.

Referral to attend this class can be from a GP, treating medical practitioner, allied health professional or a nurse.

If you are unable to attend these classes, we can assess your exercise needs and provide you with a suitable home exercise program.

4. Mobility assessments

Mobility assessments involve assessing a patient's ability to walk. We then give advice on using a walking aid and exercises to improve strength and balance.

