

What does Physiotherapy look like under the NDIS?

Physiotherapists provide a thorough holistic assessment of a participant's overall physical function and ability to complete activities of daily living (ADL's), and provide functional 'capacity building' interventions to achieve their NDIS goals, e.g. exercise program, education, and pain management strategies.

When is a Physiotherapy assessment / intervention program warranted?

- When the participant has mobility issues, including difficulty with walking, stair climbing, transfers, etc.
- When the participant has a reduced functional tolerance in sitting, standing, walking, stairs, reaching, lifting, etc that impacts their ability to complete their ADL's and level of independence.
- When the participant has balance or coordination issues impacting their functional tasks/mobility, e.g. ability to participate in the community safely.
- When the participant is reporting pain or is unable to manage their pain that is impacting on their day to day function, ADL's, and ability to engage in the community.
- If the participant is requiring prescription of braces/aids.

Physiotherapy vs Exercise Physiology:

- Exercise Physiologist's (EP's) are more focused on exercise from a fitness perspective as opposed to a functional / activities of daily living perspective, i.e. the participant may already have satisfactory function but may have comorbidities impacting their cardiovascular fitness and general health.
- EP's are able to prescribe exercise programs. Physiotherapists are able to prescribe exercise programs, but also complete manual therapy, e.g. joint mobilisations, soft / deep tissue massage, etc.

Types of Physiotherapy intervention:

- Tailored exercise program, i.e. to improve strength, range of motion, balance, etc.
- Stretching programs.
- Gait retraining to improve mobility.
- Improved cardiovascular fitness / endurance.
- Developing pain management strategies.
- Complex manual handling prescription, including strategies for pressure care support.
- Mobility and transfer related assistive technology assessment and training.
- Specialist management for complex and in particular neurological disabilities where specialised assessment skills are required.
- Respiratory support for breathing and maintenance of respiratory care.
- Continence education and support.
- Odema management.
- Falls prevention and injury minimization strategies.



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