



How to access your NDIS funding for Physiotherapy

At Wellness Embodied, we're really enjoying treating clients with Multiple Sclerosis, Post Stroke, Cerebral Palsy and other conditions which are now covered by the NDIS.

After being rolled out in Far North Queensland last year, we see that a lot of clients are still obtaining their plans and working to ensure that they get the supports they require under these. It's important to note that you can always request review of your NDIS plan once obtained- it will also be reviewed at least yearly- so the advice seems to be to USE the funding you have, so you can obtain it again.

Currently we have clients obtaining physiotherapy under two codes: Therapeutic Supports and Improved Daily Living Group Therapy. Under these codes, we can offer one on one and group sessions for clients to optimise their wellbeing and health. As a friendly, boutique practice, we have large treatment rooms and a Rehab Room which offers Clinical Pilates equipment, weights, vestibular rehab re-training equipment, biofeedback and more. We also have a wheelchair ramp for the front door as well as accessible side access.

What can physiotherapy at Wellness Embodied Cairns help NDIS clients with? This is by no means an exhaustive list!

- 1) Maintaining muscle length** through a combination of any of: stretching, PNF, muscle energy techniques, home exercises, Clinical Pilates, dry needling/ medical acupuncture, Craniosacral therapy, myofascial release, education and more.
- 2) Increasing/maintaining muscle strength:** through work in our rehab room (As Cairns based physiotherapists trained in DMA Clinical Pilates and many other specific exercise rehab techniques, our focus is on client specific exercise which will achieve a long-term change in your nervous system- changing movement patterns, decreasing pain, improving stability, maintaining mobility and more).
- 3) Gait Education:** From hospital to community, physiotherapists are the Allied Health experts in educating clients on correct walking patterns and appropriate use of mobility aids. Our Cairns physiotherapists- Clara, Campbell and Suzanne- all have experience in neurological rehabilitation and offer client centred care.

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4) Pain Management: Depending on the location and type of your pain, we offer a large range of assessment and treatment techniques for all types of pain and dysfunction. It's important for us that you feel educated and in control of your pain- chronic pain guidelines say that medications are no longer the 'be-all-and-end-all' and at Wellness Embodied we really dig down into everything which can be contributing to your pain- including lifestyle, environment, stressors, nutrition, muscle imbalances, joint stiffness, past traumas, support services and more. We have a whole person approach to treatment and as well as offering a range of 'traditional' hands on physiotherapy treatments such as muscle release, taping, joint mobilisations/ adjustments and exercise therapy, we've found with many clients that incorporating Craniosacral and Somato-emotional release techniques is a game changer. These techniques are specialised, gentle, structural releases which can calm the central nervous system down, create space within the tissues and work on emotional trauma and stressors held within the physical tissues.

5) Injury diagnosis and treatment: Poor mobility can often lead to falls and increased risk of injuries. Poor (or non-existent!) rehabilitation of these is often associated with further injuries. At Wellness Embodied, our Cairns physiotherapists can assess, diagnose and treat a full range of musculoskeletal injuries, post-concussion symptoms, whiplash and more. We can also refer for imaging (e.g. Xray/ MRI) as needed.

6) Improved overall wellbeing and mental health: Our values at Wellness Embodied are strong and we believe that everyone needs to be HEARD. This is why we offer specific, client centred and individualised assessment and treatment approaches. All our clients receive a written treatment plan and we communicate with other treating healthcare professionals as much as needed/ consented to, to improve the whole health state. Years of experience and further training in pain, disease and injury management has left us with a variety of approaches, educational tools and more which can share with you to help improve YOUR life and get you back to doing what you'd like to do. Please note, we also currently see a number of clients with PTSD and other mental health conditions- if you've read any of the latest research or news on the 'mind-body link', 'trauma held in the physical tissues' or more, you may understand why this is- call us to see how and why our approach is a little different than traditional physiotherapy.

HOW TO ORGANISE NDIS TREATMENTS THROUGH WELLNESS EMBODIED:

Give our clinic a call on 07 42319777 or email admin@wellnessembodiedcairns.com with some information regarding what is approved on your plan and your condition and we can discuss your best treatment plan and schedule an initial assessment. We generally need to create a plan for you, outlining the number of sessions you will obtain and cost of these. Many of our clients start with 1-2 hour long sessions per week of 1 on 1 physiotherapy- however, our group Rehab Sessions and workshops can be a great and cost effective way of using your funding. For those who are plan managed, we are generally able to invoice your plan managers directly. Self-funded clients often pay us directly and claim the money back themselves. When it comes to NDIS, we're all learning together, but we are definitely happy to help out!

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