



Smarter health for every body

At **Body Smart Health+**, we are committed to helping individuals on their journey towards neurological recovery.

Our dedicated Neurological Rehabilitation Program, led by our team of experienced Physiotherapists, offers personalised care and evidence-based interventions to empower patients and optimise their outcomes.

Contact us for more information, or to book an initial assessment:

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Pathways to Neurological Recovery:

Rehabilitation Program



Empowering Progress, Restoring Hope



Welcome to Our Neurological Rehabilitation Program!

Why Choose Our Program?



Specialised Expertise

Our team of Physiotherapists working in neurological rehabilitation, bring extensive knowledge and expertise to effectively address the unique needs of patients with various neurological conditions, including:

- Stroke
- Traumatic and Acquired Brain Injury
- Spinal Cord Injury
- Multiple Sclerosis
- Parkinson's Disease
- Cerebral Palsy
- Neuropathies



Comprehensive Assessment

We conduct thorough assessments to evaluate functional abilities, movement patterns, strength, balance, coordination, and other factors crucial for designing personalised rehabilitation plans.



Individualised Treatment Plans

Each patient receives a customised treatment plan tailored to their specific condition, goals, and preferences, ensuring targeted interventions to maximise progress and functional independence.



Evidence-Based Interventions

Our program integrates the latest evidence-based practices and innovative techniques to optimise neurological recovery and enhance overall quality of life for our patients.



Collaborative Approach

We collaborate with Specialists, General Practitioners, other allied health team members and Support Coordinators to ensure coordinated care, holistic support, and continuity of services for our patients throughout their rehabilitation journey.



Program Components

- 1 Comprehensive Assessment**
Initial evaluation to assess neurological function, identify impairments, establish baseline measures, and set rehabilitation goals.
- 2 Targeted Interventions**
Individualised treatment sessions focusing on improving mobility, strength, balance, coordination, gait, and functional abilities through a variety of therapeutic techniques including:
 - Balance Training Equipment (e.g., hoists, balance boards)
 - Gait Training Devices (e.g. parallel bars and treadmills treadmill)
 - Upper Limb Rehabilitation Tools
 - Virtual Reality Rehabilitation Systems
 - Hydrotherapy Pools
- 3 Maximising Neuroplasticity**
Specialised therapy programs designed to promote neuroplasticity, facilitate motor relearning, and enhance neural recovery and adaptation.
- 4 Assistive Technology**
Integration of assistive devices, adaptive equipment, and technology-assisted interventions to support independence and optimise functional outcomes.
- 5 Education and Support**
Educational sessions for patients and their families to enhance understanding of their condition, promote self-management strategies, and facilitate community integration and participation.