



**ST VINCENT'S**  
Better and fairer care. Always.  
UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES



# Rehab at Home

after hip or knee joint replacement

St Vincent's Virtual & Home

## What is Rehab at Home?

Rehab at Home provides short term rehabilitation for people in the comfort of their own home. The service aims to support recovery after surgery, to help you achieve the best possible outcomes.

## Benefits of Rehab at Home

- You can receive care in the comfort and privacy of your home
- You will have more flexibility to do your own things in and around your home, whilst being cared for by the Rehab at Home team
- You will improve more quickly by being active and doing things for yourself in a familiar environment, whilst being monitored for safety
- There is no additional cost for patients

## About our team

Our Rehab at Home team includes physiotherapy and nursing staff, supported by our administration team. We work with you to provide care based on your individual goals and needs. The team will discuss these with you throughout your time with Rehab at Home and work with you to maximize your function and achieve your goals.

## What to expect

After orthopaedic surgery, most people benefit from a period of physiotherapy. These visits may be completed in person at your home, or via telehealth (video) calls. Our physiotherapists will help you to improve your balance, strength, range of movement and endurance.

If required, our nurses can also review your recovery and provide advice on your wellbeing, wound care, medications or any other concerns you may have. Our team will work with you and your family to tailor a program to suit your needs.

## What happens when I finish the program?

If you require further rehabilitation or services after you complete Rehab at Home, we will refer you to suitable services to meet your needs. A summary of your Rehab at Home journey will be provided to your General Practitioner and Surgeon.

## Contacting us

If you have any questions or concerns, we encourage you to call us on 1800 531 433. One of our team will be able to give you advice over the phone.

For medical emergencies, please call 000 for an ambulance.