

Referral ?

You can be referred to the exercise group via:

- ❖ General Practitioner
- ❖ Hospital nursing staff
- ❖ Allied health professionals
- ❖ Case managers
- ❖ Self referral

How to refer?

Referral's via KDH website or sent to Allied Health email.

For more information contact

**Kerang District Health
Allied Health Services
13-15 Burgoyne Street
KERANG VIC 3579**

Phone: (03) 5450 9200

Website: www.kdh.org.au

Email: alliedhealth@kdh.org.au



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Allied Health Services



Falls and Balance Group



Who is the service for?

This exercise group is for people that have experienced a decline in their balance or have had a recent fall.

Individuals at risk or following a recent fall are all tested for balance dysfunction, vestibular dysfunction and vertigo.

The program is run by an Accredited Exercise Physiologist.

Where and when?

The group is conducted in the KDH gym located in the WD Thomas centre, opposite the KDH main entrance. Entry via the door in the hospital carpark.

Sessions are on the following days and times:

Monday: 1 pm

Friday: 1 pm

What's involved?

The Falls and balance group offers 8 weeks of exercise/education with the aim of maintaining or increasing the exercise tolerance whilst improving the knowledge around topics that can help to improve balance.

Key benefits may include:

- ❖ Reduced falls
- ❖ Improved ability to recover from falls
- ❖ Improved ability to get up and down from the ground
- ❖ Increased endurance
- ❖ Increased overall strength

On completion of the program a post assessment will be completed analysing physical measures to determine progress. These results can be collated and sent in a letter to GP or specialist upon request.

*The programs will be commencing the **6th of January 2025**