

FAQ Physiotherapy



What is a Physiotherapist?

Physiotherapists are government registered practitioners forming a component of the field of manual therapy within the Allied Health profession. Manual therapy is a discipline of health care that encompasses a range of treatment modalities including Osteopathy, Myotherapy, Remedial Massage, and Chiropractic.

What do Physiotherapists do?

Physiotherapists use a variety of techniques to help your muscles and joints work to their full potential. Treatment can help repair damage in the musculoskeletal system by speeding up the healing process as well as aiding the reduction of pain and stiffness. Physiotherapists also play an important role in rehabilitation. With their advice and biomechanical knowledge, they can help you to fully recover by aiming to restore the normal structure and motion of your body. This can be done through exercise prescription and movement retraining to help you return to your pre-injury state.

How effective is Physiotherapy treatment?

Government and medical studies over recent years have consistently shown manual therapy to be very successful. The combination of less expensive treatment and fewer medications have resulted in higher patient satisfaction than the conventional medical care for back, neck and other musculoskeletal pain.

Who are your practitioners?

The Physiotherapists at Camberwell Sports & Spinal Medicine are fully qualified and registered with AHPRA (Australian Health Practitioner Regulation Agency) as well as being full members of the Australian Physiotherapy Association (APA).

When should I seek Physiotherapy treatment?

Physiotherapy is applied in the preventative, corrective and rehabilitative phases of healing. This helps to restore and maintain the normal integrity of the various soft tissue structures (muscles, tendons, ligaments and fascia) and joints of the human body. Physiotherapists can assist people with movement disorders which may have been acquired through accident or injury (such as motor vehicle accidents or sporting injuries), or the result of life-changing major events (such as stroke or the development of a disease of the nervous system) and assist them in maximum recovery.

How many treatments will I need?

After treatment you should have less pain and feel more mobile, flexible and comfortable in your movements. Generally, your Physiotherapist will expect to see positive results quickly for common symptoms. However, it must be emphasised that each individual is unique and it may take several visits before your symptoms settle.

Do I need a referral from a GP?

While GPs and specialists seeking the best care often refer their patients to see a Physiotherapist, a referral is not necessary. Physiotherapy is a complementary form of treatment and works well when used in conjunction with medical treatment. For a Physiotherapy consultation simply make an appointment with Camberwell Sports & Spinal Medicine directly by calling 9889 1078.

What should you expect on your first visit?

Your initial consultation will take around 40 minutes, during which your Physiotherapist will:

- Take a thorough history to gain an understanding of your injury and circumstances that could have led to your condition.
 - Examine your body and identify the type, source and cause of symptoms.
 - Diagnose your condition and discuss this with you.
 - Provide treatment using techniques appropriate for your condition with an emphasis on rehabilitation.
 - Educate you about your condition.
 - Devise a treatment plan and involve you in these treatment and rehabilitation choices.
 - Discuss the proposed treatment plan which may involve follow-up treatment.
- Follow up sessions generally last 20 mins.

Is Physiotherapy treatment covered by my private health fund?

Physiotherapy treatment is covered under the ancillary or extras cover of most major health insurers. Camberwell Sports & Spinal Medicine is able to offer 'on the spot' rebates via HICAPS. The rebate varies depending on your health insurer and level of cover so make sure to check the details of your policy.

Is Physiotherapy treatment covered by Medicare?

If your condition meets certain requirements and you have a valid referral from your Doctor, Medicare may offer limited rebates for Physiotherapy treatment. In the instance that you suffer from a chronic condition, your GP can refer you to an Allied Health Professional, such as a Physiotherapist, for up to five sessions each calendar year. Not all conditions qualify for this program and there will still be an out of pocket expense for these services. For more information and talk to your Doctor and ask them about your eligibility for a Chronic Disease Management (CDM) plan prior to making an appointment with CSSM.



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Open 7 Days

Monday to Thursday 7 am - 8:30 pm
Friday 7am - 6 pm
Saturday 8 am - 4 pm
Sunday 9am - 5 pm