



Wellness Centre at Estia Health

Estia Health and Concentric are proud to offer local residents of our community a specialised allied health service and facilities, located at Estia Health.

Concentric treats a range of conditions and offers preventative programs to keep you mobile and active. The Concentric team of physiotherapists, occupational therapists and exercise physiologists are experienced at managing health conditions that arise with age including dementia, progressive neurological conditions, osteoporosis, arthritis and diabetes. The combination of multidisciplinary care, technology, and state of the art facilities ensures each individual receives the best care possible.

Our programs

FALLS PREVENTION

Falls are the leading cause of hospitalisation in people over the age of 65. One in three people over the age of 65 have had a fall, at least once per year.

NEUROLOGICAL CONDITIONS

Research shows that clinical outcomes deteriorate once people are discharged from acute rehab. By providing access to high quality outpatient neurological rehabilitation, we ensure our clients continue to reach their functional goals.

ORTHOPAEDICS AND POST-OPERATIVE REHABILITATION

Rehabilitation has been shown to reduce pain, increase range of motion and improve strength following orthopaedic surgery. We offer both land and water-based rehabilitation programs, tailored to the individual.

DEMENTIA CARE

Physical and cognitive exercise is an important way to maintain quality of life as dementia progresses. In the early stages of dementia, rehabilitation has been shown to prevent cognitive decline and in the later stages can assist in maintaining social connections and a sense of purpose.

PREVENTING FUNCTIONAL DECLINE

Physical and cognitive rehabilitation play an important role in preventing functional decline. Engaging in regular, tailored interventions with a physio or occupational therapist may assist individuals to maintain their independence and quality of life.

To learn more about our services call our friendly team on **1300 148 160** or visit **concentric.com.au**

Keen to learn more about respite or permanent care at Estia Health simply visit **estiahealth.com.au**