



# Maxima Allied Health

We offer quick and easy face-to-face and Telehealth appointments for people with a NDIS plan, anywhere across Australia for Physiotherapy and Occupational Therapy, plus no wait times for appointments.

### What is a physiotherapist and what do they do?

Physiotherapists are Allied Health professionals who are trained to help your body move easier through exercise and manual therapy. We help teach you about how your individual body works, address pain and injury issues that might be from:

- Pre and post operative conditions such as hip and knee replacements
- Neurological conditions like strokes, cerebral palsy and multiple sclerosis
- Aging or early childhood early intervention conditions
- Movement and pain resulting from a range of different body types and disability

Our NDIS physiotherapy team is fully qualified, insured and registered with the Australian Health Practitioner Registration Agency (AHPRA).

### Eligibility Requirements

'Therapeutic Supports' included in your NDIS Plan.

### How to Refer

Visit our website at [maxima.com.au/ndis](https://maxima.com.au/ndis) to fill out a quick enquiry form and we'll call you back.



[maxima.com.au](https://maxima.com.au) | 1300 629 462

Alternatively, to register your interest or for more info about our NDIS services, scan the QR or call a Maxima NDIS Consultant on **1300 629 462**



## Your Local Physiotherapist

**Naomi is Maxima's resident community senior Physiotherapist, located in Parramatta, NSW. Holding a Doctorate of Physiotherapy, Naomi has been working with NDIS participants for over 3 years.**



### Specialisations and services

- Neurological rehabilitation
- Assessment, diagnosis and management of Parkinson's disease and vestibular disorders
- Functional capacity reports
- Individualised home exercise programs
- Joint and soft tissue manipulation, mobilisation and massage to reduce pain and stiffness
- Muscle re-education after injury
- Airway clearance techniques and breathing exercises for respiratory conditions such as cystic fibrosis, bronchitis and asthma
- Acupuncture and dry needling
- Hydrotherapy to assist with chronic pain, oedema, mobility, strength, and range of motion
- Advice and assistance with use of mobility aids, such as walking sticks and wheelchairs

**No wait times for appointments and we can come to you - in-home, community facilities, work or school.**

### New 10-week Parkinson's Program in Parramatta

Register now for a special 10-week program on managing Parkinson's Disease with Maxima's resident senior Physiotherapist Naomi.

This program will take you through an evidence-based practice that is designed to increase your ability to manage your individual symptoms and slow the progression of Parkinson's Disease.

Parkinson's Disease presents differently for each person, and this face-to-face program will support you in a tailored way that specifically addresses your unique functional goals.

### Over the 10 weeks, Naomi will deliver

- 1:1 assessment including a treatment plan and education
- 1:1 coaching on how to complete this program within your home or community environment
- Education sessions with your family, friends and support workers about your program plan
- What to do after the 10 weeks - learning about long-term exercise

**This program starts any time and can be delivered in-home or in a community space.**



Registered NDIS Provider 405 002 3996

