



## Day Only Rehabilitation Program

The Sydney Private Hospital specialises in post operative rehabilitation and reconditioning of patients. We offer both InPatient rehabilitation, as well as Day Only Rehabilitation. As part of our total care, our patients can undergo surgery, and start their recovery during InPatient Rehabilitation, and then maintain during ongoing Day Only Rehabilitation. Rehabilitation is a process that aims to maximise recovery and restore independence after illness or injury.

One of the key benefits of our Day Only Rehabilitation program is that you return to your home while continuing to participate in a comprehensive, multidisciplinary rehabilitation program with the team at The Sydney Private Hospital.

Our programs are directed by our experienced Rehabilitation Specialists, along with the highly experienced and qualified Allied Health Professionals and Nursing staff. Our Rehabilitation team consists of experienced Doctors, Physiotherapists, Occupational Therapists, Exercise Physiologist a Social Worker and a Dietician.

Our Day Only Rehabilitation and Wellness Centre can assist you in recovering post operatively, or if you have a chronic illness, back pain, arthritis, had a recent fall, or if you have concerns with your mobility. Our multidisciplinary team of therapists can assist you in your recovery by creating a personalised rehabilitation program.

Our physiotherapists will work with you to improve your range of motion, strength and flexibility. You will be reviewed by our team throughout your program to ensure your progress. Our Team will discuss how each session will be planned and these sessions will continue until you achieve your rehabilitation goals. Participation in a Day Only Rehabilitation Program is often at no cost to the patient as it is fully covered by most private health funds.

For clarifications in relation to Health Care Funds and eligibility of cover, please contact our receptionist on 9716 3700.

Our Hydrotherapy pool is a major asset that we can provide onsite to assist you in your rehabilitation. Our pool is a medically clean pool that is heated to 34 degrees Celsius. Our Physiotherapists are highly experienced when utilising a hydrotherapy based plan to assist in your recovery.

Should you require additional aquatic exercise on your road to recovery, The Sydney Private Hospital have an aquatic exercise program timetable that you can attend as a casual visitor. A medical clearance from a GP is all that is required to ensure you are fit and well. Casual access to the hydrotherapy pool is available during certain hours for a great price. Contact us now!



## Customer Compliment

Every Service provided was excellent, polite and friendly – Inpatient Compliment



## Sydney Pain and Rehabilitation Centre (SPARC)

The Sydney Pain and Rehabilitation Centre (SPARC) is a multidisciplinary pain management centre offering a comprehensive treatment service to those suffering from persistent pain.

The group's medical specialists provide expert care in diagnosis, treatment and recovery of complex painful conditions. Individual therapy approach is tailored according to every patient's condition and functional level. Beyond treating the symptoms, we strive to identify and treat the underlying cause of pain to restore the highest level of function and quality of life possible.

### **SPARC's specialists provide treatment for a variety of painful conditions including:**

- Neck Pain/whiplash injury / Headache disorders  
Spinal pain/ Low Backpain/sciatica
- Complex regional pain syndrome (CRPS)
- Myofascial pain and fibromyalgia

- Post-injury pain
- Musculoskeletal and arthritic pains
- Work related injuries with associated pain and disability
- Return to work following injury
- Cancer pain
- Lower extremity (hip/knee/ankle) conditions
- Shoulder/rotator cuff injury
- Post-surgical pain and rehabilitation, etc.

### **The SPARC team offers a full range of services and the latest treatment options in persistent pain management including:**

Advanced Neuromodulation techniques including spinal cord, Dorsal Root Ganglion(DRG) and peripheral nerve stimulators, Intrathecal Drug Delivery Systems (IT Pumps), Radio-frequency ablation (Thermal, Pulsed and Cooled RF), Transforaminal epidural steroid injection, Epidural



#### **Dr. VAHID MOHABBATI**

Specialist Pain Medicine Physician  
Pain Interventionist  
Specialist Palliative Medicine Physician  
MD, FFPMANZCA, FACHPM, FRACGP

#### **Dr. FARIBORZ RAD**

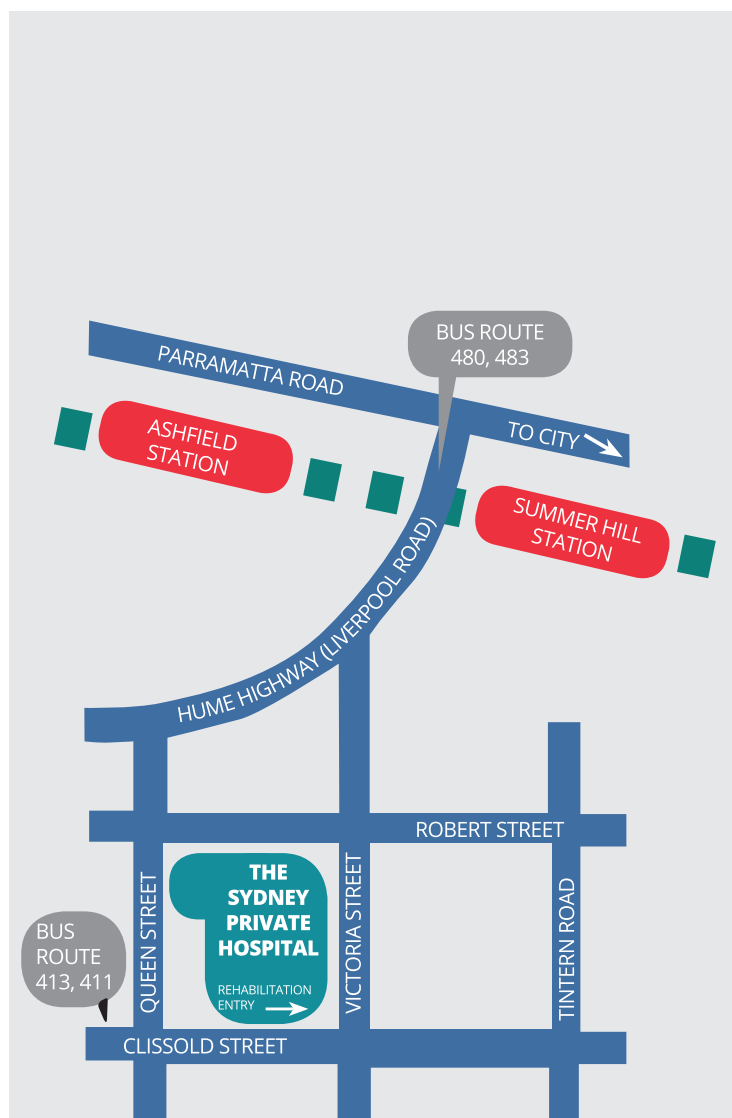
Specialist Rehabilitation Physician  
MD, FAFRM (RACP)

steroid injections, Medial branch block, Facet joint injections, Sacroiliac joint injection, US guided Selective nerve root block, Trigger point injection, Joint injections, Bursa injection (shoulder, hip etc.), Botox injection for spasticity, pain physiotherapy, pain psychology, OT, Dietitian, Podiatrist, Physicaltherapy, Hydrotherapy, Braces and Orthotics, Activity modification, Exercise education, Return to work assessment etc. We also offer a medium to high intensity group pain management program over 5 weeks.

Working with General Practitioners and other specialists, the SPARC specialists will arrange for appropriate investigations based on professional diagnosis, perform appropriate diagnostic and therapeutic procedures and develop a personalised plan of care that will help patients to manage and reduce pain and lead a healthier, more active life.

Located in the consulting suites at The Sydney Private Hospital (entry via Robert St Car park) SPARC has access to inpatient and outpatient facilities of The Sydney Private Hospital including procedure rooms, operating theatres, imaging department, gym, hydrotherapy pool and expert Allied Health staff.

SPARCs specialists provide a full multidisciplinary service with an aim to keep the cost to patients minimal and are happy to see both public and private patients, work and accident related injuries and compensable patients.



## The Sydney Private Hospital

63 Victoria Street,  
Ashfield NSW 2131  
Telephone: (02) 9716 3700  
Fax: (02) 9716 3799  
[www.sydneyprivate.com.au](http://www.sydneyprivate.com.au)

### To arrange for an appointment with the SPARC specialists, please contact us:

T: 1300 611 640 | 02 4620 8263

F: 02 8583 3026 | 02 46251214

E: [info@sydneypainrehab.com.au](mailto:info@sydneypainrehab.com.au)

A : The Sydney Private Hospital

Consulting Suites

(entry via Robert St car park)





A big thank you to all of our Staff, Doctors, Patients and Visitors who supported our morning tea in October, through their amazing efforts we were able demonstrate our support by raising \$1000 for the Cancer Council.

Thank you all for your generosity to such a worthy cause.

## Outpatient Services continue over the Holiday period at TSPH

Here at The Sydney Private Hospital, we remain committed to providing a dedicated service to the patients within our community. Our outpatient services will remain open during the holiday period, with the exception of closing on Christmas Day, Boxing Day and New Year's Day.

The Allied Health Team will continue to provide outstanding service for all our ongoing outpatients. We welcome any new referrals during the holiday period, so please do not hesitate to contact our Day Only Rehabilitation Program on (02) 9716 3700 if you have any questions.

We look forward to seeing you!

## Seasons Greetings

On behalf of The Sydney Private Hospital, we would like to reflect on the past year and thank those who have helped shape our Hospital. We value our relationships with you and look forward to working with you in the year to come.

To all of our Surgeons, Doctors, Staff, Patients, Visitors and Supporters we hope you have a very Merry Christmas. May your New Year be filled with Peace and Prosperity.



## Transport Service

The Sydney Private Hospital now offers transport as part of our Day Only Rehabilitation program.

We can provide you with a local pick up/ drop off service for a small fee.

