

Vitality Health Services

Mobile Allied Health in Sydney

Availability

We service Sydney's Northern Beaches, North Shore, Eastern Suburbs and Inner West.

We are available for home visits 6 days per week, by appointment. The first visit involves a **thorough assessment** to determine how we can best help you.

Rebates

Our therapies are covered by most Private Health Funds. Physiotherapy is also covered by the Department of Veterans Affairs and Medicare for patients with **EPC plans**.

www.vitalityrehab.com

(02) 8407 9478
admin@vitalityrehab.com



5/28 Bardo Rd, Newport NSW 2106
ABN : 65 182 583 135



Vitality Health Services

(02) 8407 9478

Mobile Physiotherapy & Rehabilitation in Sydney

About Us

Vitality Health Services is a mobile health network developed by physiotherapists. Our aim is to help you maintain independence through improved mobility and recover from illness, surgery or injury.



How We Can Help You

Vitality Health Services delivers expert therapy in the privacy and convenience of your home, including:

- 🌀 Physiotherapy & rehabilitation
- 🌀 Home safety & falls prevention
- 🌀 Massage & personal training
- 🌀 Nutrition & naturopathy
- 🌀 Group exercise classes & pilates

Our treatment programmes are tailored to your needs, in consultation with your General Practitioner to ensure the delivery of optimum care for you.



Convenient Care

Therapy is available at your home, retirement village, hostel, nursing home, or for those in temporary, partial or full care.

We also offer our clients a wide range of health products and aids to facilitate self-management, maximise independence and enhance recovery.

Vitality Practitioners also give group talks on:

- 🌀 Management of common diseases (eg Arthritis, Osteoporosis, Pain, Stroke etc)
- 🌀 Improving safety at home
- 🌀 Dietary advice