

## Remedial massage therapy

Our remedial massage therapists specialise in locating and repairing damaged, knotted, tense or immobile muscles which speeds up the body's own healing process.

### **Benefits include:**

- Loosened and relaxed muscles
- Better circulation
- Increased joint flexibility
- Decreased stress, anxiety and fatigue
- Lowered blood pressure
- Improved breathing
- Improved quality of sleep
- Strengthened immune system
- Enhanced post-operative rehabilitation.

## Group exercise therapies

In addition to providing individual services, we also conduct a number of group sessions tailored for our clients.

**These groups vary according to needs, which include, but are not limited to:**

- Hydrotherapy
- Strength and balance
- Falls prevention
- Walking groups
- Tai chi.

## Services offered

- Podiatry
- Physiotherapy
- Remedial massage therapy
- 'Relax, Recharge, Renew' therapy
- Group exercise therapies.

To access government subsidised services, all clients must first be registered with My Aged Care. We will assist you with this if required.

If you are already registered, you can contact My Aged Care directly on **1800 200 422** and request to be referred to The Salvation Army Healthlink.

## Clinic hours

**9.00am - 4.00pm**

Tuesday, Wednesday and Thursday

**9.00am - 3.00pm**

Friday

## Contact us

138 Reservoir Road, Modbury SA 5092

**T** 08 8264 8300

**E** [healthlinkadmin.ttg@salvationarmy.org.au](mailto:healthlinkadmin.ttg@salvationarmy.org.au)

**W** [agedcare.salvos.org.au](http://agedcare.salvos.org.au)



# The Salvation Army Healthlink

## Allied Health Services



## Aged Care

## Welcome

The Salvation Army has been providing aged care services in Australia since 1899. Our purpose is to promote a unique experience of choice, lifestyle and belonging for all people as they age.

We welcome, support and guide all people and their families to become part of our family where they have freedom and can be themselves.

## Holistic care

The Salvation Army Healthlink in South Australia is an allied health clinic with professionals providing a broad range of therapeutic and direct health services to older Australians.

We encourage you to work with our therapists to develop and action a unique care plan for you. Our focus is on recovery, restoration and re-ablement. We aim to enhance overall well-being and to help you live independently in your homes and within your community.

The services are available to both individuals and groups.

## Payment options

The services provided by The Salvation Army Healthlink are subsidised by the Australian Government for eligible attendees.

Please contact us for further information and to discuss your eligibility for subsidised therapies.

Self-funding options are also available.

## Podiatry

Our podiatrists are experts in foot, ankle and lower limb issues and their care.

Feet are crucial for mobility, health and independence. As we get older, the density and strength of our bones decrease, making it more brittle and prone to damage. The skin also loses moisture and elasticity, making it susceptible to corns, calluses and foot infections. Other problems like osteoarthritis and diabetes can also have a severe impact on the feet and overall health.

### **We can support you with:**

- Cutting toe nails
- Treating corns, calluses and ingrown toe nails
- Treating skin conditions such as tinea and other fungal infections
- Diabetes foot care
- Education regarding foot care and wearing of appropriate shoes
- Other services related to foot, ankle and lower limb care.



## Physiotherapy

Our physiotherapists are experts in movement and function.

We can help overcome mobility challenges that result from ageing. Following an initial assessment, we will design a personalised exercise plan based on your physical capacity.

### **Our treatment programs include:**

- Improvement of movement and posture
- Muscle strengthening
- Arthritis, including osteoarthritis
- Sprains, strains and fractures
- Post-surgery rehabilitation
- Gait re-education
- Pain management
- Falls prevention and reduction
- Improvement of independent function.

## 'Relax, Recharge and Renew' therapy

Our therapists can help you feel calm and manage stress and anxiety.

### **Benefits include:**

- Improved sleeping
- Relief from muscle pain
- Refreshed body and mind.