



Limited parking is available on site, free of charge. There is also parking available across the road at Tunstall Square Shopping Centre.



**Donvale  
Rehabilitation Hospital**

Part of Ramsay Health Care

1119 Doncaster Road

Donvale VIC 3111

Ph: 03 9841 1400 Fax: 03 9842 7276

[donvalerehabilitationhospital.com.au](http://donvalerehabilitationhospital.com.au)

People caring for people.

MR007671 Long term sporting rehab 4pp.DL



**Donvale Rehabilitation  
Hospital**

# Long term sporting injury rehabilitation

A multi disciplinary approach  
for long term sporting injuries  
and return to sport



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## Program Aim

We offer individualised Day Rehabilitation programs, tailored to optimise your recovery for successful return to sport, return to work, and to your activities.

Our therapists work with you to achieve your goals.

Why Donvale Rehab?

- 130 Allied health professionals
- High value rehabilitation
- Great facilities
- Staff undertaking further specialisation in sport
- Experienced with rehabilitation/complex management
- Program overseen by Rehabilitation Physician
- Conveniently located

## Example Sporting Injuries

- Fractures (complex fracture management, eg ankle, foot, upper limb)
- ACL management (prehab/surgical rehab/conservative rehab)
- Shoulder stabilisation
- Persistent musculoskeletal issues/pain i.e. groin pain

## Program Structure

- Day Program established with therapies relevant to your needs. Services available: physiotherapy, exercise physiology, hydrotherapy, psychology, dietetics
- Timetable is flexible. Therapies are up to an hour, usually consecutively, and can be 1x, 2x or 3x weekly depending on your clinical needs

## The Donvale Rehabilitation Team

Our team consists of:

- Rehabilitation Physicians
- Occupational Therapists
- Physiotherapists
- Exercise Physiologists
- Dietitians
- Psychologists

## Cost

Our program utilises your hospital funding, not extras cover. We have agreements with most health funds, which ensures your out of pocket expenses are kept to a minimum. Participants will be notified of any costs prior to commencing the program.

## Referrals

Referrals can be made by surgeons, specialists or general medical practitioners. Referrals can also be received directly from hospitals after an inpatient stay.

### Referrals should be addressed to:

Mail: Donvale Rehabilitation Hospital  
1119 Doncaster Rd, Donvale 3111

Fax: 9841 1405

To speak to one of our friendly staff regarding your individual needs, call 03 9841 1490.

