



Media Statement

Public Relations Department

Alma Street, Fremantle WA 6160
Postal Address: PO Box 480, Fremantle WA 6959
Telephone: (08) 9431 2416 Facsimile: 9431 3883
<http://www.fhhs.health.wa.gov.au>

December 18th 2008

Physiotherapy Gymsnasiums keep patients well and out of Hospital

Ambulatory Care facilities at Fremantle Hospital have been substantially improved thanks to a Commonwealth Government Pathways Home project which funded the refurbishment.

Two Physiotherapy Gymsnasiums and two clinic areas (Hospital in the Home and Hand Therapy) have been also refurbished with patients using improved facilities.

Ambulatory services help free up hospital beds for acutely ill patients with tailored programmes and health care services.

The Gymsnasiums provide outpatients with rehabilitation regimes, which are particularly important after an illness.

Patients are encouraged to get into self-motivated routines of regular exercise to stay well.

Patients like Jackelyn Johnstone of South Fremantle use the gymnasium regularly to monitor her fitness levels following a fracture and her recovery from an auto immune condition.

Two physiotherapy gymnasiums have been refurbished and provide individual consultation rooms, new rehabilitation and exercise equipment as well as access to a team of specialist physiotherapists.

The gymnasiums complement other rehabilitation services in the hospital such as the hydrotherapy pool.

“The gymnasiums help us to reduce hospital admissions with people getting fit and managing better at home and in the community,” Physiotherapy Head Robyn Timms said.

Ms Timms said regaining independence also helped people stay at home and out of hospital.

“By regaining independence, particularly after a health scare, people are less likely to be admitted to hospital,” she said.



Government of **Western Australia**
Department of **Health**
South Metropolitan Area Health Service

The Pathways Home Projects was part of the Australian Government's \$42 billion contribution to public hospitals intended to promote the expansion of ambulatory services.

New Minister of Health Dr Kim Hames MLA officially opened the Gymnasiums and clinic areas on December 18th 2008.

Ms Jackelyn Johnstone with Senior Physiotherapist Stuart Waters

ENDS

Media contact: Ali Biddiscombe, Public Relations Officer 0404 890 057