



## ■ ■ Referral process

Unless you are a Taranaki DHB staff member, a referral is required to access the physiotherapy service. If your injury is covered by ACC, you need to meet one or more of our entry criteria to the service:

- A community service cardholder
- Have a referral from a consultant or specialist
- A Taranaki DHB staff member

All referrals for Hand Therapy, Pain Programmes, Activity Programmes and Serious Injury clients are accepted. For non ACC patients, a referral is required from your GP, specialist or other Taranaki DHB health professional.

We also accept referrals from external agencies such as independent midwives, Access Ability and support group field officers. All referrals are prioritised by a senior Physiotherapist and you will be contacted as soon as an appointment becomes available.

## ■ ■ Treatment cost

There is no charge for physiotherapy at Taranaki Base Hospital, Hawera Hospital or the Stratford Health Centre. Treatment is either funded by ACC or TDHB depending on your condition. Some cost may be involved if you wish to purchase specialised equipment such as Orthotics.

## ■ ■ Contracts held with ACC



Physiotherapy Services	Hand Therapy
Physical Fitness for Work and Independence (PFI)	Graduated Return to Work (GRTW)
Functional Reactivation Programme (FRP)	Vocational Assessment
Progressive Goal Attainment Programme (PGAP)	Activity Focus Programme (AFP)
	Comprehensive Pain Assessment (CPA)

## ■ ■ Contact Us

### Taranaki Base Hospital Physiotherapy Department

Level 2  
David St  
06 753 7742

### Hawera Hospital Physiotherapy Department

1 Hunter street  
06 278 9903

### Stratford Health Centre

Corner of Miranda and Romeo St  
06 765 7189

### Opening Hours

8.00am-4.30pm Mon-Fri  
Evening Clinic at Taranaki Base Hospital only  
Tues and Thurs 4.30pm-6.30pm

### Health and Disability Services Consumers' Code of Rights

Information for this is available in reception or by contacting the commission's office on 0800 11 22 33.

### Website

[www.tdhub.org.nz/services/physiotherapy/physiotherapy.shtml](http://www.tdhub.org.nz/services/physiotherapy/physiotherapy.shtml)

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# Taranaki DHB Physiotherapy

MUSCULOSKELETAL OUTPATIENTS



ACC Contracted Provider

www.tdhub.org.nz





## What is Physiotherapy?

Physiotherapists help people move and participate in life and in their communities, especially when movement and function are threatened by aging, injury, disability or disease.

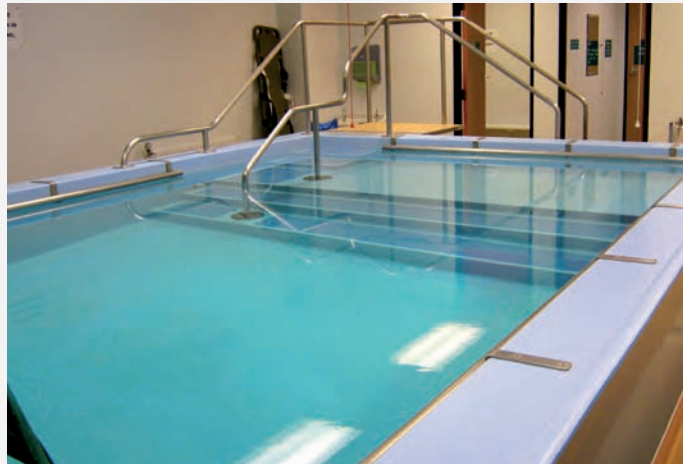
### Our services include but are not limited to:

- ✓ Musculoskeletal injuries and conditions
- ✓ Back and neck pain
- ✓ Headaches and whiplash
- ✓ Occupational injuries
- ✓ Women's health
- ✓ Post operative rehabilitation
- ✓ Arthritis
- ✓ Sports injuries
- ✓ Chronic pain management
- ✓ ACC and non ACC related injuries



## What treatment may involve

- Exercise programmes/prescription
- Joint Mobilisation
- Manipulation
- Lifestyle advice
- Education on prevention of further injury
- Acupuncture
- Soft tissue massage
- Group rehabilitation classes
- Hydrotherapy



Taranaki Base Hospital - Hydrotherapy pool



Taranaki Base Hospital - Physiotherapy Gym

You may be given an optional consent for and screening questionnaire on arrival.

## What to expect

Initial visit: Your first appointment will usually take 40 minutes. In this time your Physiotherapist will take a thorough medical history, assess your needs and discuss your goals for treatment. You can help us by:

- Wearing comfortable and appropriate clothing
- Bringing important information with you, such as X-rays, medication lists, reading glasses
- Letting us know if you have any particular cultural needs
- If you have any questions, write them down as it will help you remember them

*You are welcome to bring support people with you*