Mater Day Therapy

We provide day rehabilitation to assist your recovery following hip and knee joint replacement surgery. One of the key benefits of the centre is that it allows you to return home while participating in a comprehensive, individualised rehabilitation program with Mater staff.

- We provide personalised, friendly care.
- The team works with you to achieve your short and long term goals.
- We have access to your in-hospital medical history if required and we are situated close to the Mater Clinic, radiology, pathology and Mater Pharmacy.
- We have the support of your surgeon and can readily access his advice.
- We continually evaluate and monitor our standard of care to ensure optimal service is provided.

Location and Transport

The Mater Day Therapy Centre is conveniently located close to the Mater Hospital. Patient transport is available but limited.
**What is Hydrotherapy?**

Hydrotherapy involves exercising in a heated pool and can be an excellent adjunct to land-based physiotherapy. The warmth and buoyancy of the water provides a unique supportive environment which assists movement, aids strengthening, improves balance and encourages pain relief.

Your hydrotherapy program at the MDTC is designed and supervised by a physiotherapist and is carried out in an indoor heated pool.

**Parking and Patient Drop-off**

Patients can be dropped off at the side of 11 Gillies Street via the driveway. No parking is permitted in the driveway. **Please enter via ramp at the rear door.**

Parking is available in the Mater Hospital & Mater Clinic car parks and entry to both is from the main hospital entrance on 25 Rocklands Road. Additional parking is available in the Poche Centre opposite the Mater Hospital. This entrance is also off Rocklands Road.

**What is Physiotherapy?**

The aim of physiotherapy is to optimise independence through improving muscle strength, joint movement, flexibility, balance, posture and physical fitness.

Physiotherapy at the Mater Day Therapy Centre (MDTC) involves exercising in a motivating gym-based environment under the supervision of physiotherapists specialising in post operative hip and knee replacement rehabilitation.

Each patient attending the MDTC is thoroughly assessed by a physiotherapist and rehabilitation goals are discussed and agreed upon. A progressive rehabilitation program is then prescribed and monitored.

**Attending MDTC is dependent on Health Fund/Veterans Affairs eligibility.**