

Active, comprehensive care

UQ's Neurological, Ageing and Balance Clinic provides comprehensive and holistic assessment and intervention for people with mobility, balance, vestibular or neurological issues. We specialise in the rehabilitation of chronic and progressive neurological conditions, ageing, balance and vestibular disorders, assisting people with symptoms adversely affecting their mobility, co-ordination, sensation, balance and activity participation.



Convenient Location

Clinic Reception is located on level 1
Therapies Building (Building 84A)
School of Health and Rehabilitation Sciences
The University of Queensland
Services Road, St Lucia 4072

Flexible Clinic hours

Clinic hours: Monday to Friday 8am – 5pm

Reception hours: Monday to Friday 8am – 6pm

- **Expertise like no other** – our dedicated team's clinical and teaching experience spans across five decades and provides specialist care for a broad range of conditions. Continual service has been available for over 10 years
- **Personalised service** – the Neurological, Ageing and Balance Physiotherapy Clinic is completely independent and uses current treatment methodologies
- **Short waiting periods** – we offer reduced waiting times for appointments
- **Making a difference to future physiotherapists** – Clients can feel assured their interactions provide valuable learning experience for students at UQ, one of Australia's leading universities
- **100% commitment** – all client interaction is under the supervision of senior clinicians who are both registered physiotherapists and staff of the University. Our team commit to provide clients with 100 per cent of their time
- **Reasonable fee rates** – the Clinics offer low competitive fee rates
- **No referral required**
- **FREE** parking and disabled access. Free parking can be arranged when you contact us on 3365 2232.

Phone: 07 3365 2232

Email: healthclinics@uq.edu.au

Web: www.uq.edu.au/healthclinics

HSF128 CRICOS PROVIDER NUMBER 00025B



Enhance your activity & participation

UQ **Health &
Rehabilitation**
CLINICS

Neurological, Ageing & Balance Physiotherapy Clinic

Enable | Enhance | Excel

What is the Neurological, Ageing and Balance Clinic?

The Neurological Disorders, Ageing and Balance Clinic provides an integrated and holistic service offering specific intervention programs and exercise classes with an emphasis on health and well-being for people with mobility, balance, vestibular or neurological issues. Led by one of Australia's leading specialist neurological physiotherapists, the Clinic has state-of-the-art assessment equipment, tools and research not available at most other private and public physiotherapy clinics.

Our clinicians are skilled in the diagnosis and comprehensive treatment of neurological, ageing and balance disorders.

The Clinic boasts an enviable reputation in the Brisbane community and has provided continual service for over 10 years to adolescents, adults and elderly clients to enhance their physical function and quality of life.

Supervision of clients and students by qualified clinicians, ensure our clients receive the best possible assessment, care and treatment.

Fast facts:

- Following a stroke, 80% of people fail to reach previous levels of mobility and participation
- Physiotherapy can improve mobility, balance and function in people post stroke for many years optimising quality of life
- Multiple Sclerosis is the most common neurological disease in young adults. Physiotherapy at all stages can assist suffers to improve their balance, mobility, function and quality of life
- 85% of people who complain of dizziness benefit from targeted physiotherapy rehabilitation
- The risk of falling increases with age and is greater for women than men. Two thirds of those who fall will fall again in 6 months
- Targeted balance exercises reduce the risk factors associated with falls.



Do you know someone who/ do you suffer from?

- Diagnosed neurological disorders such as Stroke, Traumatic Brain or Spinal Cord Injury, Parkinson's Disease and Multiple Sclerosis
- Movement disorders associated with Vestibular Dysfunction, Muscular Dystrophies, Diabetes, Peripheral Vascular Disease following Amputation, to list a few
- Movement and balance difficulties associated with ageing including persons who have had, or are at risk of, a fall
- Congenital and acquired disabilities
- Requires information and education on appropriate uses of walking aids
- Requires review or scripting for wheelchair seating
- May benefit from combined physiotherapy.

What we offer:

We offer in-depth assessment and analysis individualised to each client. Our treatment is evidence based and 'hands-on' and goals are patient-driven. Our treatment techniques may include a combination of:

- comprehensive physical and functional assessment for all clients with all levels of movement problems across the adult lifespan
- identification of the cause of movement problems
- interventions on an individual basis or within a class setting
- self-management models
- Scripting and advice for wheelchair and mobility aids.

Specific programs also offered:

- Vestibular and Balance Program and Classes
- Running with a neurological condition
- Optimising Upper Limb return with neurological conditions.

Who should attend?

All clients with balance or movements disorders, or those concerned about the development of such problems with ageing, will be accepted as direct self / family member referrals or following referral from medical and allied health colleagues.

To arrange a consultation, simply contact us on **3365 2232**, email **healthclinics@uq.edu.au** or visit **www.uq.edu.au/healthclinics**