

Physiotherapy

This document provides an overview of SALHN Physiotherapy outpatient services at Flinders Medical Centre (FMC), Noarlunga Hospital (NH) and Marion GP Plus Health Care Centre. Services provided may differ at each site.

- 1 Adult Musculoskeletal** – musculoskeletal conditions including post trauma, back and neck pain, soft tissue disorders, and where appropriate, chronic pain (All Sites).
- 2 Women’s Health** – conditions including pelvic floor dysfunction, and pregnancy related musculoskeletal disorders. (FMC and NH). Antenatal service at FMC is only provided for patients booked for delivery at FMC.
- 3 Paediatric** – Conditions include congenital and developmental musculoskeletal/orthopaedic conditions, gross motor delay and coordination disorders, post traumatic musculoskeletal injuries (FMC only).
- 4 Cardiorespiratory** – a limited service is provided for pre- and post-transplant exercise prescription, acute exacerbations of chronic airway conditions and/or secretion retention.
- 5 Hand Therapy Service** - provided in association with Occupational Therapy (FMC).

Referrals

All services require a written referral from General Practitioners, Medical Specialists and external Physiotherapists.

Referral guidelines are available for

- [Acute Joint Injury](#)
- [Acute Soft Tissue Injury](#)
- [Spinal Injury](#)

Services provided

- Adult Musculoskeletal
- Women’s Health
- Paediatric
- Cardiorespiratory
- Hand Therapy Service

Services not provided

- Massage
- Lymphoedema Management
- Chronic Neurological Conditions
- Weight control or exercise prescription for obesity
- Return to work / Industrial Rehabilitation / WorkCover

Musculoskeletal, Women’s Health and Paediatrics referrals to

Fax: (08) 8204 3040

Cardiorespiratory referrals to

Fax: (08) 7117 0724

Triage Criteria for Referral

Category 1 Target within 2 weeks Current < 1-2 weeks	Category 2 Target < 2 months Current < 1-3 months	Category 3 Target within 3 months Current < 6 months
<ul style="list-style-type: none"> • Acute trauma/pain • Post-operative orthopaedic conditions • Acute conditions requiring sputum clearance • Acute paediatric conditions • High risk of hospital admission / potential for imminent hospital admission avoidance 	<ul style="list-style-type: none"> • Children under 2-3 years with gross motor delay • Subacute musculoskeletal conditions 	<ul style="list-style-type: none"> • Chronic conditions • Continence related issues • Developmental/coordination assessments for children over 3 years

General Information to assist with referrals and Referral templates for are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients.

Version	Date from	Date to	Amendment
1.0	July 2014	July 2016	Original
2.0	December 2014	July 2016	Addition of Referral guideline links
3.0	November 2017	November 2019	Content update