

SCORE EXERCISE PROGRAM

PATIENT INFORMATION



SCoRe^e
Strength, Conditioning
& Rehabilitation

Lingard
Private Hospital

“Thank you so much for all your help. I now feel confident in continuing independently.”

– Patient feedback

SCoRe is an innovative exercise program that focuses on developing strength, conditioning and rehabilitation in a supportive environment, closely supervised by a **physiotherapist** and **exercise physiologist**.

Whether you are recovering from injury, surgery or just need some assistance to get you back to optimum health, we have a range of sessions available to suit you.

Lingard's SCoRe gymnasium is a dedicated space close to the hospital, which is easily accessible and conveniently located.

After an initial assessment with our Rehabilitation Physician, your SCoRe sessions will be tailored to your individual needs:

- **Orthopaedic** including all joint injuries, recovery from surgery
- **Reconditioning & Fitness**
- **Ageing & Falls Prevention**
- **Pain Management**
- **Neurological** including stroke, Parkinson's Disease

Your progress is reviewed regularly and if required additional support can be provided by other Allied Health therapists. You will receive a home-based exercise program to keep you on track after SCoRe.



The SCoRE program runs 1 to 2 sessions per week, across a 6 week period. Sessions are usually 1.5 hours duration.

Referrals are accepted from GPs and Medical Specialists. Please refer to Rehabilitation Physician Dr Tara Ball.

Program costs are covered by most Private Health Funds, DVA or Worker's Compensation. Alternatively self-funded fees will apply.





If you have any questions that require an urgent response please contact the hospital directly on 02 4969 6799.

In an emergency or life threatening situation you must go to your local Emergency Department for appropriate treatment.



SCORE Strength, Conditioning & Rehabilitation
 Cnr Union and Mitchell Streets
 Merewether NSW 2291
 P: 4918 0200
 E: healthebody@healthecare.com.au
lingardprivate.com.au

Lingard
 Private Hospital

a member of the healthecare™ group

