

Allied Health & Nursing Services

3Bridges offer Allied Health and Nursing services to the local community which aim to improve your physical and mental well-being through services which include diagnosis, treatment and rehabilitation.

Services can be self funded, or funded through programs such as the NDIS or Home Care Packages.

Exercise Physiology

Our Exercise physiologist specialises in providing clinical exercises for people at high risk of developing, or with existing chronic and complex medical conditions and injuries. Our Exercise Physiologists see people of all ages and specialise in:

- Diabetes and Pre-diabetes Management
- Cardiovascular Disease
- Obesity
- Arthritis and Osteoporosis
- Respiratory Illnesses
- Depression and Mental Health Conditions
- Musculoskeletal Injuries

Occupational Therapy

Our Occupational Therapists work with you to improve and maintain your independence in the everyday activities that you want and need to do.

Our Occupational Therapists see people of all ages and specialise in:

- Equipment Prescription including Wheelchairs and Mobility Scooters
- Home Modifications
- Housing Relocation for Housing NSW tenants
- Cognitive Retraining
- Paediatrics
- Aged care
- Mental health

Nursing

Our Nurses provide holistic and collaborative care to improve your health and prevent illness.

Our Nurses see clients 65 years and older, and specialise in:


- Comprehensive Health Assessments
- Cognitive Screens
- General Nursing Services
- Medication Management
- Wound Care
- Continence Care
- Diabetes Management
- Palliative Care



Follow the QR Code to find more information on our Allied Health services.

Contact Information

 8558 4097

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 www.3bridges.org.au

We acknowledge the Traditional owners of the land on which we meet, walk, work and live. We acknowledge the elders past and present and the care they have given this country.