

## Rebates

Our at-home Allied Health services are claimable on your private health insurance if you have ancillary or 'Extras' cover. The rebate will depend on your level of cover. Please check with your provider.

## Getting started & referrals

Referrals are generally not required to commence treatment. However, in some cases we may ask your permission to correspond with your GP or specialist. In most cases we can start treatment within 3 business days of contacting us.

*Getting you back to your life!*



Enabling you to **reach your own body's potential** at home

### Own Body Mobile Health Services

**Ph:** (03) 9 OWN BODY  
(03) 9696 2639

**Fax:** (03) 8672 0770

**A:** PO Box 540 Essendon VIC 3040

**E:** [office@ownbody.com.au](mailto:office@ownbody.com.au)

**W:** [www.ownbody.com.au](http://www.ownbody.com.au)

**Please see our website for current service locations**

# OWN Body



**Mobile Health Services**  
Physiotherapy, Occupational Therapy & Podiatry

**We come to you!**

## Highly qualified and reliable therapists who come to you!

Own Body is a mobile team of experienced therapists who provide tailored rehabilitation in the comfort and convenience of your own home.

We are passionate about supporting you in **getting back to your life**.

Our philosophy is centred on an individual approach where we prioritise active management over passive therapies. Our team ensure that you are informed and set realistic expectations for treatment outcomes. You will have an active role in setting goals and determining your most appropriate treatment style.



## Our Core Values:

- Connection
- Holistic
- Experience
- Enablement
- Remarkable People

## Benefits of a home visit

- Flexible hours to fit into your busy schedule
- Comfort of your own home
- 1:1 attention
- Time efficient – no more travel and waiting rooms!
- Great for parents and carers – at home services enable you to look after yourself while caring for others
- Reduced burden on your family & friends who drive you to appointments

## Our Podiatrists are experienced in:

- General skin and nail care
- Diabetes foot care
- Footwear assessment and prescription
- Orthotics
- Biomechanical assessment
- Foot wound care
- Diagnosis of foot or lower limb injury or deformity
- Corn/Callous/Plantar wart treatment
- Sports related injuries
- Falls management

## Our Physiotherapists are experienced in:

- Post-operative rehabilitation
- Musculoskeletal conditions
- Respiratory conditions
- Cardiac conditions
- Neurological conditions
- Balance and mobility assessments and exercise programs
- Falls prevention
- Women's health
- Sports injuries
- Pre-surgery rehabilitation
- Trauma
- Reconditioning rehabilitation
- Gait aid (eg walking sticks) and equipment prescription

## Our Occupational Therapists are experienced in:

- Home modifications
- Home safety assessments
- Seating, wheelchair, scooter and other equipment prescription
- Falls education
- Pain management
- Functional and life skills assessment and training
- Assistive Technology prescription