

REFERRAL

We recommend that you discuss your suitability for exercise with your oncologist and treating specialists, and obtain a referral letter, which includes your medical history, cancer treatment and any side effects, current medication and copies of relevant scans and blood test results.

Although exercise is safe for most people with cancer, it may not be suitable for those with severe anaemia, neutropenia, systemic infection, severe fatigue or advanced metastatic cancer, or for those who have had recent surgery.



LOCATION

MQ HEALTH PHYSIOTHERAPY CLINIC

Macquarie University Clinic
Suite 307, Level 3, 2 Technology Place
Macquarie University NSW 2109

MQ Health Physiotherapy Clinic is situated on the Macquarie University campus, conveniently located near the Macquarie University train station. You can also reach us by bus.

Parking is available for a fee outside the Macquarie University Clinic Building or under the Macquarie University Hospital.



CONTACT US OR MAKE AN APPOINTMENT

MQ HEALTH PHYSIOTHERAPY CLINIC

Macquarie University Clinic
Suite 307, Level 3, 2 Technology Place
Macquarie University NSW 2109

T: (02) 9812 3850

F: (02) 9812 3851

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mqhealth.org.au/physiotherapy

PHOTOS: All photos supplied by Genesis Care unless otherwise noted.

Physiotherapy Clinic

SUPERVISED EXERCISE DURING RADIOTHERAPY TREATMENT



PHOTO: Chris Stacey

MQ Health Physiotherapy, in partnership with Genesis CancerCare, provides safe, evidenced-based exercise programs to support your health and wellbeing during and after your cancer treatment.

EXERCISE DURING CANCER TREATMENT

Physical exercise is a safe and effective medicine for many people during and after their cancer treatment. Studies have shown that exercise can improve your quality of life and help you feel better. It can even help to speed up your recovery after cancer treatment.

Regular exercise can help to:

- Reduce the side effects of cancer treatment, such as fatigue (tiredness), pain and muscle and bone density loss
- Improve your cardiovascular function, strength and mobility
- Lift your mood and reduce feelings of stress
- Improve your immune function.

Promising research indicates that remaining physically active during treatment may also improve overall cancer outcomes.

EXERCISE SERVICES

At MQ Health Physiotherapy, our team of health professionals, including exercise physiologists and physiotherapists, provide the following exercise services:

INDIVIDUAL ASSESSMENT

We undertake a comprehensive assessment of your current level of function and determine a safe and appropriate exercise plan based on your medical history, treatment and side effects, and goals.

SUPERVISED EXERCISE PROGRAM DURING RADIOTHERAPY TREATMENT

With the support of Genesis CancerCare, we deliver this exercise program for people undertaking radiotherapy treatment. The program is held in MQ Health's Physiotherapy Clinic gym area (in the Clinic building adjacent to Macquarie University Hospital). Exercise sessions are held on the day of your treatment, either immediately before or after, for the duration of your treatment.

Exercise sessions are arranged in a small group under the direct supervision of a qualified exercise physiologist or physiotherapist, and run Monday to Friday.

INDIVIDUAL CONSULTATION AND SUPPORT FOR SELF-MANAGED EXERCISE

We develop and review a home or community-based exercise program for you.

FEES AND PAYMENT

Initial assessment: \$100

End of program review and plan: \$80

FEES FOR SUPERVISED EXERCISE SESSIONS

Genesis CancerCare has partnered with MQ Health to minimise the cost of supervised exercise sessions for people having radiotherapy at Macquarie University Hospital. If you have private health insurance with ancillary or extras cover, any applicable gap payment will be generously funded by Genesis CancerCare.

If you have exhausted your private health insurance rebate or do not have private health insurance, the gap payment is \$10 a session.

A standard fee of \$20 a session applies once your radiotherapy treatment has ended.

Medicare rebates for individual assessments and reviews may be accessed. Please speak with your GP about your eligibility for a Chronic Disease Management plan and allied health referral. Private health rebates are available from most private health funds and may apply to individual and group exercise sessions (please speak to your private health insurer). HICAPs is available on-site for direct claims.

Payment is required at the time of your appointment. EFTPOS, credit card or cash are accepted. Fees may be claimable through Medicare or your private health insurer. Ask our reception staff for more information.



PHOTO: Chris Stacey

