

Extra care when you need it most.



Podiatry

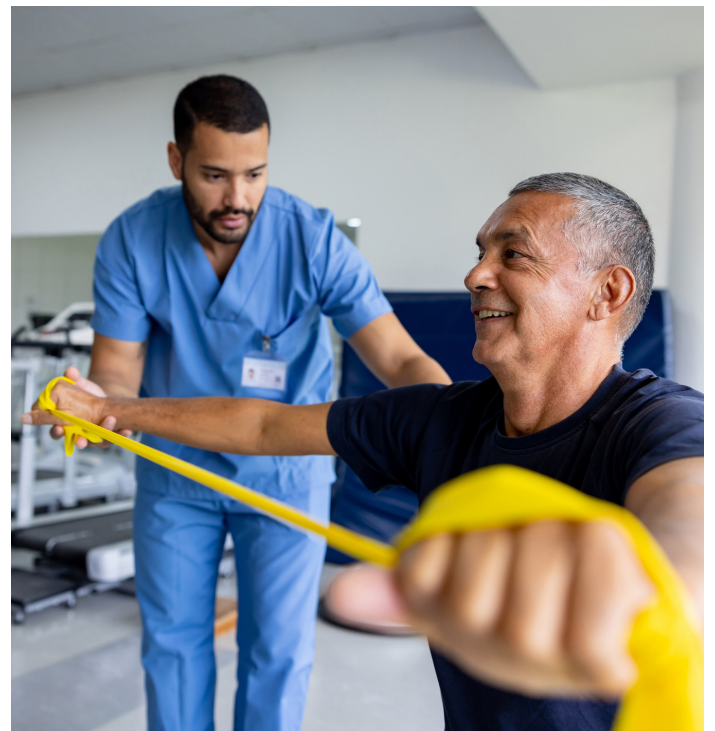
Our podiatrists specialise in foot, ankle and lower limb health, crucial for your mobility and independence.

- Cutting toenails
- Treating corns, calluses and ingrown toenails
- Treating skin conditions e.g. tinea and other fungal infections
- Diabetes foot care
- Offering advice on footwear and foot health
- Other foot, ankle, and lower limb care as required.

Welcome to Salvos Healthlink

Salvos Healthlink in South Australia is an Allied Health Clinic operated by The Salvation Army Aged Care and supported by the Australian Government Department of Health and Aged Care.

The Clinic provides a variety of therapeutic and health services for older Australians. Our professionals assist in recovery and support independent living. We also provide preventative advice and programs to maintain health and wellbeing. Services are available for individuals and groups



Salvos Healthlink

ALLIED HEALTH SERVICES

138-142 Reservoir Road, Modbury SA 5092 | **08 8264 8300**



Aged Care

Physiotherapy

Our physiotherapists specialise in addressing mobility challenges associated with ageing. By working with you, they help improve your physical function and overall wellbeing.

- Enhancing ease of movement
- Alleviating chronic pain e.g. arthritis
- Preventing falls through improved balance
- Increasing muscle strength
- Maintaining joint range of motion
- Aiding recovery after surgery e.g. hip replacement
- Improving walking patterns and posture
- Supporting heart health
- Recovering from strokes and other neurological conditions
- Avoiding injuries in daily activities
- Enhancing daily task performance e.g. showering, cooking.



Remedial Massage Therapy

Our remedial massage therapists focus on repairing damaged, knotted, tense, or immobile muscles, speeding up the body's healing process.

- Muscle relaxation
- Chronic pain relief
- Improving blood circulation
- Increasing joint mobility
- Lowering stress, anxiety and fatigue
- Managing blood pressure
- Improving breathing
- Improving sleep quality
- Strengthening the immune system
- Recovery after surgery.

Group Exercise Therapies

Although our classes are group-based, the techniques and intensity are tailored to meet individual needs.

Our sessions include:

- Hydrotherapy
- Strength and balance exercises
- Falls prevention exercises
- Supported walking groups
- Chair yoga.

Payment Options

Services are subsidised by the Australian Government for eligible attendees. Contact us to discuss your eligibility. Self-funding options are also available.

Help with My Aged Care

To access government-subsidised services, you must be registered with My Aged Care. We can assist with the registration process.

If already registered, contact My Aged Care at **1800 200 422** and request a referral to Salvos Healthlink (NAPS ID 20609).

Clinic Hours

Tuesday - Thursday **9:00 am - 4:00 pm**

Friday **9:00 am - 3:00 pm**

Contact Us

Salvos Healthlink

138-142 Reservoir Road, Modbury SA 5092

T 08 8264 8300

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W agedcare.salvos.org.au

Supported by the Australian Government Department of Health and Aged Care.