

Who are we?

At The Physio Co we exist for one reason, **to help seniors stay mobile, safe and happy**. Every day we improve the quality of life for thousands of seniors. We are a team of 100+ physio's (still growing) and work in a variety of settings including aged care, retirement, community...anywhere our seniors call home. We operate in Melbourne, Tasmania, QLD, South Australia and NSW.

In order for us to continue to help our seniors, we need great physio's who are passionate about improving senior's healthcare, who love to be a part of a family culture and have a strong desire to learn and grow to become the best physio they can be.

By 31st December 2018

The Physio Co family will:

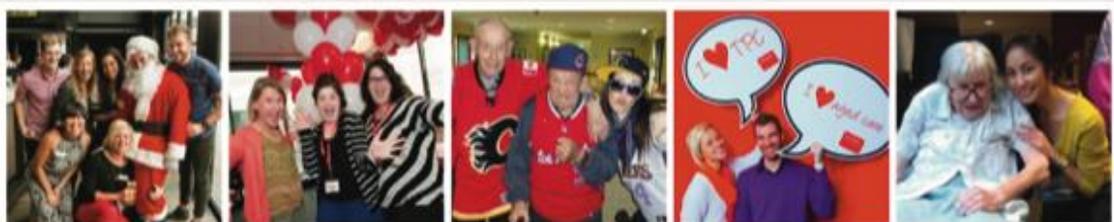
- Visit over 9,000 seniors every week
- Have more than 180 amazing team members
- Have opportunities for TPCers to live, work and travel across Australia in at least one other Asia-Pacific country.
- Have completed our 10 year goal of providing 2,000,000 unique and memorable consultations to Australian seniors since 2009.

What we provide our new grads:

- We provide comprehensive training including two weeks of shadowing time with a senior physio, until you are confident enough to work independently.
- We are flexible. Tell us what days you want to work!
- We're passionate about helping you become the best physio you can be. We provide in-services and subsidy for any external training you would like to do that is related to aged care/physiotherapy.
- We provide an award winning culture! We have been named one of BRW's Top 50 Best Places to work in Australia 8 years in a row!

Want to apply or know more?

We would love to hear from you so please call Jess anytime on
1300 797 793 or people@thephysioco.com.au



Good luck with the last of your
studies!

Help Seniors Stay Mobile, Safe and Happy!



AGED CARE FACILITY

Facility work requires you to use lots of different skills at once. Our main goal is to help maintain the resident's mobility levels and manage any adverse conditions that may occur during their aged care stay. We are involved in helping managing pressure care or developing appropriate care plans for staff to follow when we are not within the facility.

We also have a very important role as both an educator of staff and advocate for residents. We are the experts in manual handling, rehabilitation and exercise.

RESPONSIBILITIES:

- Falls prevention
- Equipment prescription
- Pressure area management
- Manual handling education/courses
- Care plan development and elevation
- Educator – Advocate for resident wellbeing, need to educate the importance of keeping active
- Chronic pain management – Massage tens/evidence based exercises

"No one day is ever the same as the other when you work as a facility physio. You have the pleasure of getting to know your residents, but also the bonus of the variety of tasks you complete, all with the aim of keeping your residents mobile, safe and happy."



RETIREMENT

Physiotherapy within a retirement village setting combines the best of both worlds. You have the ability to see private clients as you would in a private practice, but also have the flexibility of running the exercise class and building special relationships with the residents, similar to working in a facility. Due to the higher function level, private physio sessions might involve hands on manipulations for low back pain or more rehabilitation style exercises in the gym with a resident who has recently has a hip replacement. The variety of each day keeps you on your toes and ready to learn everyday.

RESPONSIBILITIES:

- Exercise class
- High level balance training
- Private practice style appointments – Low back pain, OA
- Use diagnostic skills and hands on treatment
- Individualised service e.g. Tai Chi, Hydrotherapy, circuit classes etc.
- Working autonomously with peer support

"Running the exercise class is always enjoyable and has allowed me to make amazing relationships with the residents. This has stemmed into our village private practice expanding, allowing my diagnostic and hands-on skills to develop tenfold."



COMMUNITY/HOME VISITS

Anywhere an oldie calls home

Physiotherapy in the community encompasses travelling to anywhere an oldie calls home. This may be an aged care facility, the home they have lived in for 40 years, or their daughter/son's house. By entering someone's home you can gain a greater sense of their limitations and what they need to be able to achieve. Physiotherapy can be targeted towards any areas such as stroke rehabilitation, falls prevention or mobility retraining following a prolonged stay in hospital.

RESPONSIBILITIES:

- Stroke rehabilitation
- Gait re-education after hip fracture
- Developing self management
- Providing a mobile, individualised service in a home environment
- Prescribing equipment and exercise regime.

"Being able to visit oldies in their own homes gives you a greater sense of purpose because you can truly understand what is most importance to them. Having this close relationship allows for greater progression and recovery."