



PowerPD

PowerPD is an integrated neuroactive exercise program designed for clients with a Parkinson's disease diagnosis to retrain the brain, improve and mediate Parkinson's symptoms.

- ✔ Small group sessions and tailored one on one programs available
- ✔ Delivered by AQHealth Physiotherapists and Exercise Physiologists



AQ Health keeping you well and able longer with:

Wellness & Reablement Programs

- ✓ Music Therapy program
- ✓ Cognitive Stimulation Therapy classes
- ✓ EngAGE small group exercise
- ✓ PowerPD – Parkinson's Wellness program
- ✓ Carer Wellness program.
- ✓ Balance and Bend small group exercise

Allied Health Specialist Services

- ✓ Physiotherapy, exercise physiology, occupational therapy, music therapy, and more
- ✓ Orthopaedic rehabilitation
- ✓ Pain management
- ✓ Falls prevention
- ✓ Hydrotherapy
- ✓ Memory screening and cognitive assessments
- ✓ Home modification assessments and assistive aid prescriptions (i.e., walkers, wheelchairs).
- ✓ COPE therapy

For session availability and fees please contact our clinics. Private health rebates or CHSP, HCP and CDM subsidies available on all services.

