



MEDIA ALERT

22.08.2014

INNOVATION FOR YOUNG PEOPLE IN SOUTHERN TASMANIA

A purpose designed Rehabilitation Gym has enhanced the suite of services available at the Tasmanian Centre of Paediatric Allied Health Excellence in Southern Tasmania at Lenah Valley.

The StGiles operated service opened two years ago and the recent opening of the Rehabilitation Gym means the team of therapists can now provide tailored strengthening and fitness programmes in a timely manner for children as young as 10, who would otherwise be ineligible to join or access a commercial gym.

The dedicated rehabilitation gym houses a treadmill, a recumbent bike and ergo, bench for free weights training, assorted free weights training and assorted free weights for strengthening upper and lower limbs; electrical stimulation machines, a myometer and a pulse oximeter.

Funded by a \$10,000 grant from MyState Financial, the project's final stage includes a 25-metre undercover track and a rowing machine.

The service has also been able to develop an outdoor therapy playspace which is the first of its kind in Southern Tasmania.

This fantastic play area is for younger children providing an exploratory area for those with a variety of physical limitations.

As fitness and strengthening for children with disabilities is a focus of current research, we believe we will be well placed to put into place the emergent results and provide the best service within the best time for children and adolescents in Southern Tasmania.

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