

Referrals

- No referral is required to come and see us, although feel free to bring any correspondence from your GP / specialist.
- If eligible for a Medicare Chronic Disease Management plan a referral will be required from your GP.

Referrals should be addressed to:

Ramsay Health Plus Martin Street

Level 5, Suite 1, 10 Martin St

Heidelberg VIC 3084

P: (03) 9458 9712 F: (03) 9450 6909

Ramsay Health Plus Tunstall Square

Shop 54 Tunstall Square

Doncaster East VIC 3109

P: (03) 9916 2402 F: (03) 9916 2403

E: rhp.drh@ramsayhealth.com.au

ramsayhealthplus.com.au

Contact Us

For further information please contact the clinic.



Exercise and Cancer



ramsayhealthplus.com.au

Exercise has many benefits for people with cancer and can help manage side effects of cancer treatments. In conjunction with traditional cancer treatments, exercise can improve the health of people with cancer. The Clinical Oncology Society of Australia (COSA) recommends that exercise should be a part of standard practice in cancer care.



What you need to know

Ramsay Health Plus offers an exercise program specifically tailored to your needs which can be delivered in a group exercise setting or one on one exercise sessions. Our physiotherapists/exercise physiologists will closely monitor and progress your program when appropriate as you work towards your goals. You can commence exercise with us before, during or after your treatment.

We use digital software to design a personalised program for you to complete at home. We are able to monitor your exercises and provide support through this technology.

Cost

- Claimable through extras cover
- Medicare Chronic Disease Management plans accepted.

