

## Vario Wellness Clinic (VWC)

The VWC is part of the Vario Health Institute based at Edith Cowan University's Joondalup Campus. The VWC is a not for profit organisation, equipped with state of the art facilities and highly qualified experienced practitioners who provide a range of allied health services.

The aim of the **Vario Work Injury Rehabilitation Programs** is to minimise case life and to expedite the achievement of the patient back to work goals.

## Program Philosophy

Our philosophy is to provide unbiased, quality service to achieve the best and most effective outcome for the patient. Our program proposals are realistic and are specifically tailored for each individual. Being a not for profit organisation, you can trust that successful patient functional rehabilitation is our primary priority.

## Claim manager/allied health communication

We believe it is vital to case management to keep the case manager informed of the patient's progress. We do this at various stages throughout the program via mid program reports, phone and or email updates.

## Rehabilitation Program Options

All rehabilitation programs are tailored to the individual and depend on the severity of the injury, pain intensity and mobility level of the employee.

The programs facilitate a progression from motivational individual sessions to semi independence with eventual self management by the employee.

- In-house consultation and assessment
- In-house exercise physiology services
- Off-site exercise physiology services at nominated gym/facility
- Home based exercise programs

### State of the Art Facility and Equipment

At the Vario Wellness Clinic we have state of the art equipment with testing capabilities including:

- DEXA bone density and body composition scans
- Neurocom Balance Testing
- Resting Metabolic Testing
- Functional Work Capacity Testing
- Lung Function Testing
- Strength Testing

## To make an appointment or find out about our costs, please contact:

Vario Wellness Clinic  
Telephone: 6304 3444  
Email: [variowellness@ecu.edu.au](mailto:variowellness@ecu.edu.au);  
Website: [www.variowellness.org](http://www.variowellness.org)

***NB: The VWC's fees are in line with the Workcover schedule of fees.***