

# Osteoarthritis Rehabilitation Programme

## MAP - Mobility Action Programme

Client name:	NHI:
D.O.B.	Phone number:

Referrer name:	Current medication:	Other:
Practice/organisation:	<input type="checkbox"/> Panadol <input type="checkbox"/> NSAIDS	

Medical history (please tick where appropriate):	Other:
<input type="checkbox"/> Cardiovascular Disease <input type="checkbox"/> Diabetes <input type="checkbox"/> Osteoporosis <input type="checkbox"/> Rheumatoid Arthritis	

Primary diagnosis: <input type="checkbox"/> OA Hip <input type="checkbox"/> OA Knee	Is the client medically stable to participate in a cardiovascular and strength-based rehabilitation programme? <input type="checkbox"/> Yes
---	--

Date:	GP signature:
-------	---------------



**Southern  
Rehab™**

Looking forward

Southern Rehab, 98 Macandrew Road, South Dunedin, Dunedin

**Phone** 0800 800 288 **Fax** 03 487 9693 **Email** [dunedin@southernrehab.co.nz](mailto:dunedin@southernrehab.co.nz)

[southernrehab.co.nz](http://southernrehab.co.nz)

# Osteoarthritis Rehabilitation Programme

## MAP - Mobility Action Programme

### MAP - Mobility Action Programme

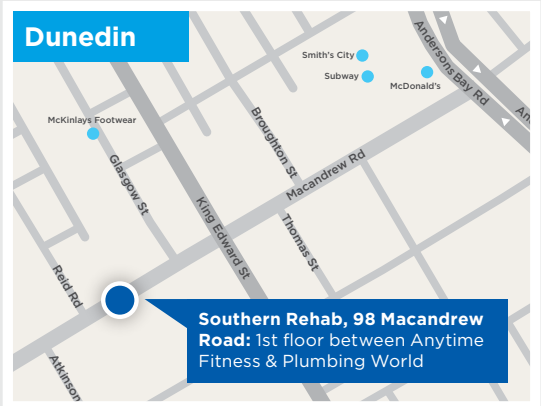
- Ministry of Health funded initiative led by the Southern District Health Board.
- Currently available in Dunedin and Balclutha.

Fax referral to  
**Southern Rehab**  
**03 487 9693**

### Client Criteria for MAP

- Is over 45 years of age.
- Has been diagnosed with knee and/or hip Osteoarthritis/early stage Osteoarthritis; Nil x-ray is required for entry to the programme.
- Ambulating in the community.
- Medically fit to commence cardiovascular strengthening programme.

### Where to find us



**Southern Rehab™**

Looking forward

Southern Rehab, 98 Macandrew Road, South Dunedin, Dunedin

**Phone** 0800 800 288 **Fax** 03 487 9693 **Email** [dunedin@southernrehab.co.nz](mailto:dunedin@southernrehab.co.nz)  
[southernrehab.co.nz](http://southernrehab.co.nz)