

INTERCARE NEWLANDS PHYSICAL REHABILITATION HOSPITAL





Located at the Sports Science Institute of South Africa (SSISA) in Newlands, Cape Town, this new world-class facility focuses on comprehensive rehabilitative services for patients requiring hospital-based physical rehabilitation following severe injuries, complex medical conditions, or major surgeries. We focus on restoring function, maximising independence, and improving quality of life for patients with debilitating conditions such as stroke, spinal cord injury, or traumatic brain injury.

Our inter-disciplinary healthcare team provides personalised, evidence-based care in a state-of-the-art facility, surpassing industry standards with innovative therapies and a holistic, family-inclusive approach.



OUR SERVICES

- **Neurological rehabilitation**

Stroke, spinal cord injuries, and traumatic brain injuries.

- **Orthopaedic & musculoskeletal recovery**

Fractures, joint replacements, and post-surgical rehabilitation.

- **Sports injury rehabilitation**

High-performance recovery programs for athletes.

- **Post-critical care recovery**

Patients recovering from cardiac events or pulmonary conditions, and those with chronic illness management.

- **Pain management & functional movement training**

Integrated approaches to restore mobility and reduce discomfort.

- **Post-amputation rehabilitation**

Therapy for limb loss due to trauma, vascular disease, or surgery.

- **Palliative care**

Focused on quality of life and comfort for patients with life-limiting illnesses.

- **Medically complex rehabilitation**

Tailored recovery plans for patients with multiple or complex diagnoses.



OUR TEAM

Our inter-disciplinary team consists of:

- Doctors
- Nurses
- Case manager
- Social worker
- Occupational therapists
- Physiotherapists
- Psychologists
- Speech & Language therapists
- Dietitians



BENEFITS OF OUR CARE

Intercare Newlands Physical Rehabilitation Hospital provides comprehensive acute and sub-acute care to support recovery and independence.

- **Acute and sub-acute physical rehabilitation**

Specialised rehabilitation aligned with the severity and complexity of each patient's medical condition.

- **Easy referral process**

A simple three-step referral process ensures streamlined and efficient patient admissions.

- **Goal-driven recovery**

Individualised rehabilitation goals are set in consultation with patients and families to encourage measurable, meaningful progress.





- **Holistic support**

Emotional, nutritional, and psychological support is integrated into the rehabilitation journey for comprehensive healing.

- **Independence-focused environment**

Helping patients regain maximum independence for quality of life.

- **Inter-disciplinary team approach**

Care is delivered by a team of experienced healthcare professionals for better patient outcomes.

- **Personalised treatment plans**

Tailored patient-centred rehabilitation plans designed to support optimal recovery outcomes.

- **Medical scheme liaison**

Liaison with medical schemes to secure transfer authorisations, easing the administrative burden on referring doctors and families.

- **Monitoring & communication**

Regular communication with patients, families, and specialists.

- **Patient progress & transition**

Real-life practice before discharge for a smoother return home.

- **State-of-the-art facilities**

Access to modern rehabilitation equipment and therapeutic environments enhances treatment outcomes.



FACILITIES



Comfortable patient rooms designed for recovery.



State-of-the-art physiotherapy and occupational therapy gym.



Extended visiting hours for family involvement and patient support.



26-bed capacity.



Coffee shop on-site.



CONTACT US

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