



INTERCARE SOMERSET WEST
PHYSICAL REHABILITATION HOSPITAL



Intercare Somerset West Physical Rehabilitation Hospital a new, purpose-built acute physical rehabilitation hospital located at Vergelegen Plein Shopping Centre. The Hospital is licensed for 34 acute rehabilitation beds and provides intensive, hospital-based rehabilitation following severe injury, complex medical conditions or major surgery.

Every patient is supported by a coordinated interdisciplinary team that works together throughout their recovery. Personalised, evidence-based rehabilitation plans focus on restoring function, mobility and independence, supported by a holistic approach that actively involves patients and their families.

The hospital features advanced rehabilitation technology, a state-of-the-art physiotherapy and occupational therapy gym, an on-site hydrotherapy pool, and comfortable patient rooms designed to support recovery.

For referral enquiries, **email** physicalrh.sw@intercare.co.za, or **WhatsApp**: 072 182 6751, or **call** 021 892 2200.



SERVICES AT THIS FACILITY

- **Cardiac rehabilitation**
Monitored recovery after heart attack, bypass, valve surgery or heart failure; conditioning, endurance and lifestyle support.
- **Deconditioning rehabilitation**
Rebuilding strength, endurance and independence after prolonged illness or hospitalisation.
- **Functional restoration & return-to-work**
Strengthening, task and work-simulation training to restore function and independence.
- **Medically complex rehabilitation**
Recovery for complex needs (airway, feeding, catheter, wound care) while rebuilding independence.
- **Mobility & balance rehabilitation**
Gait retraining, balance therapy and fall prevention to restore safe, confident movement.
- **Neurological rehabilitation**
Rehabilitation for neurological conditions affecting movement, coordination, cognition or communication.
- **Oncology rehabilitation**
Strength, fatigue management, mobility and lymphoedema support during and after cancer treatment.
- **Orthopaedic & musculoskeletal rehabilitation**
Recovery after joint replacement, spinal surgery, fractures and soft-tissue injury; strength, ROM and function.
- **Pain management & functional training**
Movement retraining, strengthening and pain strategies for chronic and post-surgical pain.
- **Palliative rehabilitation**
Supportive care for life-limiting illness focused on independence, symptom management and quality of life.
- **Post-amputation rehabilitation**
Stump care, prosthetic training, balance and mobility, with psychological support.
- **Pulmonary rehabilitation**
Breathing techniques, endurance and energy conservation for chronic respiratory conditions.
- **Spinal cord injury rehabilitation**
Specialist recovery after traumatic

SCI, cord compression or post-surgical deficits; mobility, wheelchair skills, pressure and bladder/bowel care, independence.

- **Stroke rehabilitation**
Specialist recovery after stroke: mobility, speech, cognition and swallowing, restoring independence.

FACILITIES



Licensed for 34 acute rehabilitation beds.



Dedicated physiotherapy and occupational therapy gyms



ADL Kitchen



Cognitive Room



On-site hydrotherapy pool



Comfortable shared and private patient rooms designed for recovery.

OUR TEAM

Our inter-disciplinary team ensures holistic, patient-centred care, offering:

- Doctor
- Nurses
- Case Manager
- Social Worker
- Occupational Therapists
- Physiotherapists
- Psychologists
- Speech Therapists
- Dietitians



BENEFITS OF OUR CARE

Intercare Somerset West Physical Rehabilitation Hospital provide comprehensive, patient-centred care to support recovery and independence.

Personalised treatment plans

Expert-designed acute rehabilitation plans for better recovery, with 14 acute rehabilitation programmes.

Compassionate interdisciplinary team

Our interdisciplinary therapy service, managed by Rita Henn & Partners, ensures expert, round-the-clock care.

Monitoring & communication

We offer personalised, family-inclusive care and aim for regular communication with patients, families, and specialists.

Independence-focused environment

Helping patients regain maximum independence while ensuring 24-hour nursing care.

Patient progress & transition

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



ADMISSION PROCESS

Referral & assessment

Patients can be referred by doctors, specialists, or healthcare providers. An initial assessment determines the level of rehabilitation required. Referrals (using the IDH020 form) can be emailed to physicalrh.sw@intercare.co.za.

Medical scheme authorisation

Our administrative team will assist with pre-authorisation and financial arrangements.

Treatment planning

A personalised acute rehabilitation plan is developed based on medical history and recovery goals.

Admission & therapy initiation

Patients are admitted to our facility and begin therapy under the guidance of our expert team.

Ongoing progress & discharge planning

Regular evaluations ensure progress towards rehabilitation goals. Upon discharge, a continued care plan is provided to support long-term recovery.



Intercare Somerset West
Physical Rehabilitation Hospital
Vergelegen Plein Shopping Centre
Corner of Old Sir Lowry's Pass Road
Bizweni Ave, Helderberg Rural
Cape Town

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or WhatsApp: 072 182 6751,
call 021 892 2200.

www.intercare.co.za

