

Intercare physical rehabilitation hospitals

A comprehensive approach to your recovery

Intercare Physical Rehabilitation Hospitals provide specialised rehabilitation for a wide range of conditions, including stroke and neurological recovery, orthopaedic rehabilitation following joint replacements or fractures, cardiac and post-critical care recovery, sports injury rehabilitation, pain management with functional movement training, and specialised care for complex needs.



Our hospitals deliver world-class care for patients requiring intensive, 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.

What is physical rehabilitation?

Physical rehabilitation bridges the gap between hospital and home, offering a structured physical rehabilitation program. Our services are ideal for patients recovering from illnesses, injuries, or surgeries, ensuring proper care at the right time.



We aim to maximise mobility and quality of life through a personalised physical rehabilitation plan.



We work closely with health insurers to ensure seamless admission.

Comprehensive **rehabilitation support**

We offer a wide range of physical rehabilitation services to address various needs.

- Cardiac rehabilitation
- Deconditioning rehabilitation
- Functional restoration & return-to-work
- Living Intentionally Through Functional Therapy (L.I.F.T) Clinic (Irene)
- Medically complex rehabilitation
- Mobility & balance rehabilitation
- Neurological rehabilitation
- Oncology rehabilitation
- Orthopaedic & musculoskeletal rehabilitation
- Pain management & functional training
- Palliative rehabilitation
- Post-amputation rehabilitation
- Pulmonary rehabilitation
- Respite care (Hazeldean and Irene)
- Spinal cord injury rehabilitation (Newlands & Somerset West)
- Sports injury rehabilitation (Newlands)
- Stroke rehabilitation



Setting **recovery goals**

Every patient is unique, and so are their recovery goals. We work with you and your family to set realistic and achievable goals that maximise your independence and quality of life. We believe physical rehabilitation should also be enjoyable, incorporating activities promoting physical and emotional well-being.

Our interdisciplinary team

- Doctors
- Physiotherapists
- Occupational Therapists
- Speech Therapists
- Psychologists
- Nurses
- Case Managers
- Social Workers
- Dietitians



Recovery is supported by a dedicated interdisciplinary team.

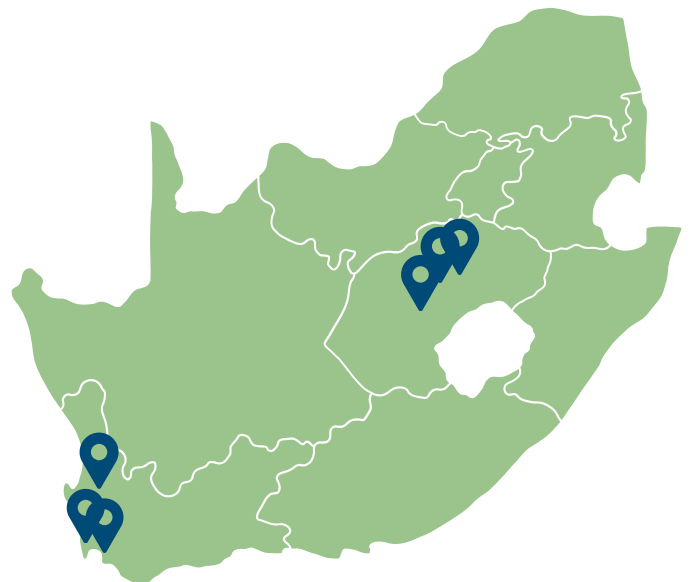


Family or caregiver meetings when required to ensure everyone is informed and involved.



Our Locations

- Intercare Hazeldean: 36 Beds
- Intercare Irene: 36 Beds
- Intercare Sandton: 36 Beds
- Intercare Tyger Valley: 58 Beds
- Intercare Newlands: 26 Beds
- Intercare Somerset West: 34 Beds



Our Facilities

- State-of-the-art physiotherapy and occupational therapy gym.
- Comfortable patient rooms are designed for recovery.
- Spaces to accommodate family and visitors.

Virtual Walk Through Video



What makes us different

- Integrated, interdisciplinary team.
- On-site doctor support.
- Regular communication with family.
- Seamless transition from referring specialists, we manage the rest.



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 the relevant facility.

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.

Discharge and return home

Our ultimate goal is to help you achieve an independent lifestyle. We will develop a discharge plan and conduct a final assessment, involving you and your family in every step. We will also discuss any outpatient treatment needs to support your continued recovery.

Visiting hours

Flexible visiting hours per facility. Family and friends are welcome, but be mindful that therapy and medical procedures take priority. The appointed next of kin/family spokesperson(s) are part of the patient's care program and are encouraged to speak with the interdisciplinary team during visiting hours for feedback on the patient's progress.

Benefits of our care

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.

