

# List Of Physical Rehabilitation Resources

There are numerous resources and support available for someone going through physical rehabilitation. Below, we've compiled some of these:

## New Zealand Support Services

**Mobility Action Programme Projects** - Ministry Of Health New Zealand

**What is Physiotherapy?** - Physiotherapy New Zealand

**Getting Back to Work After An Injury**- ACC New Zealand

**Guidance and Resources** - Office for Disability Issues

**Nursing and Medical Help at Home** - New Zealand Government.

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## United Kingdom Resources

**Support and Care After Road Death or Injury** - SCARD

**Aspire** - Aspire provides practical help to people who have been paralysed by Spinal Cord Injury, supporting them from injury to independence.

**SCOPE** - The disability equality charity in England and Wales

**Spinal Injuries Association** - SIA

**Commissioning Guidance for Rehabilitation**- NHS UK

**When is Physiotherapy Used?** - NHS UK

**Physical Rehabilitation Support** - The Ambulance Staff Charity

**Sick or Disabled People and Carers** - Citizens Advice UK

**Financial Help if You're Disabled** - UK Government

## Australian Support Services

**What is the NDIS?** - National Disability Insurance Agency

**Recovering from Injury or Illness** - Worksafe Queensland

**Rehabilitation after Injury or Illness** - Health Direct

**Recovering from your Injury**- NSW Government

**A Recovery at Work Guide for Workers** - NSW State Insurance Regulatory Authority

**State Spinal Cord Injury Service** - NSW Government

**What is Brain Injury?** - Brain Injury Australia

**National Return to Work Strategy** - Safe Work Australia

**Help to Recover: Find out what help you can get while you're recovering from an Injury or Illness** - Services Australia

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## General

**After Trauma** - After Trauma aims to provide a community for patients and families to rebuild lives and support each other after experiencing a traumatic injury

**Virtual Support Groups** - Brain Injury Association of America

**Important Facts about Falls** - CDC

**Better Together: Spinal Cord Injury Support Groups** - Spine Universe

Read more about rehab and bathroom use  
Interested in learning more about bathroom usage during physical rehab?  
Head over to our [dedicated guide](#).