

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.

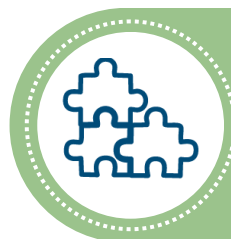
We focus on restoring function, maximising independence, and improving quality of life for patients with debilitating conditions such as stroke, spinal cord injury, or traumatic brain injury.

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.

Neurological rehabilitation

Stroke, spinal cord injuries, and traumatic brain injuries.

Orthopaedic & musculoskeletal recovery

Fractures, joint replacements, and post-surgical rehab.

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.

Amputee rehabilitation

Limb loss is due to trauma, vascular disease, or surgery.

Polytrauma rehabilitation

Integrated care for multiple traumatic injuries.

Palliative rehabilitation

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.

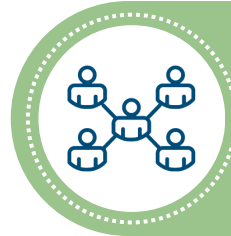


Setting **recovery goals**

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

- Rehabilitation Doctor
- Physiotherapists
- Occupational Therapists
- Speech and Language Therapists
- Psychologists
- Rehabilitation Nurses
- Case Managers
- Social Workers
- Dietitians



Recovery is supported by a dedicated interdisciplinary team.

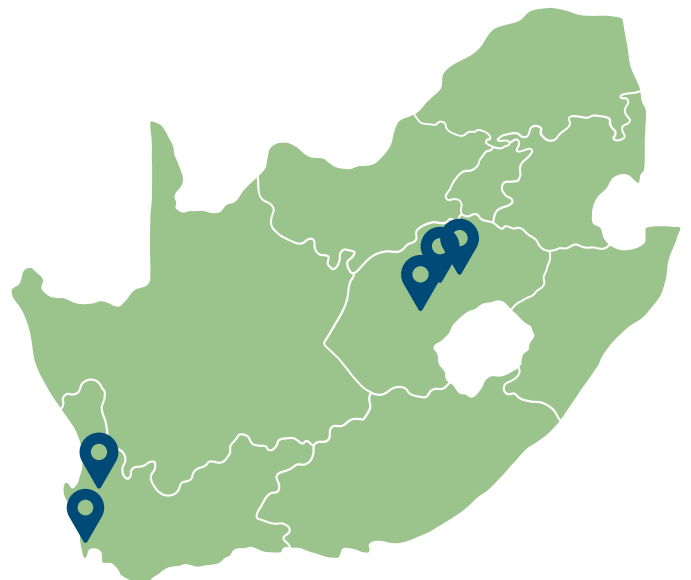


Family or caregiver meetings when required to ensure everyone is informed and involved.



Our Locations

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



Our Facilities

- State-of-the-art physiotherapy and occupational therapy gym.
- Comfortable patient rooms are designed for recovery.
- Coffee shop on-site and 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

1. Referral & assessment

Patients can be referred by doctors, specialists, or healthcare providers. An initial assessment determines the required level of rehabilitation.

2. Medical scheme authorisation

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

3. Treatment planning

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

4. Admission & therapy initiation

Patients are admitted to our facility and begin therapy under our expert team's guidance.

5. 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

Visitor hours are set to prioritise your recovery so that you can receive the necessary therapy and care. Please confirm the visiting hours for the specific facility with the hospital directly.



Benefits of our care

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

- Personalised treatment plans.
- Expert-designed physical rehabilitation plans for better recovery.
- Compassionate interdisciplinary team.
- Ensures expert, round-the-clock care.
- Monitoring & communication.
- Regular coordination with patients, families, and specialists.
- Independence-focused environment.
- Helping patients regain maximum independence.
- Patient progress & transition.
- Real-life practice before discharge for a smoother return home.

Contact Us

For more information or to arrange a visit, please contact your preferred facility.



Intercare Hazeldean

Tyger Valley, Gauteng

012 880 0700

subacute.hz@intercare.co.za

[Visit Website](#)



Intercare Irene

Centurion, Gauteng

012 941 2600

subacute.ir@intercare.co.za

[Visit Website](#)



Intercare Newlands

Newlands, Western Cape

021 891 0911

physicalrh.newlands@intercare.co.za

[Visit Website](#)



Intercare Sandton

Sandton, Gauteng

010 880 1600

subacute.sn@intercare.co.za

[Visit Website](#)



Intercare Tyger Valley

Cape Town, Western Cape

021 943 9800

Email: subacute.tv@intercare.co.za

[Visit Website](#)