



# Upper Limb Therapy

Our upper limb exercise class focuses on maintaining and improving strength, flexibility, and function of the shoulders, arms, wrists, and hands, with tailored exercises to support everyday movements such as lifting, reaching, and gripping.

Our one hour clinic and group sessions are delivered under the direct supervision of a qualified occupational therapist, who provides exercise programs tailored to suit individual needs and abilities.

## Location

**Our Upper Limb Therapy classes are held at:**

Golden Grove Wellbeing Centre  
1000 The Golden Way (the Clock Tower Building),  
Golden Grove

Parafield Gardens Wellbeing Centre  
422 Salisbury Highway, Parafield Gardens

*Government aged care funds can be used to pay for an initial health assessment and your class fees.*

*Private health insurance rebates for fees may also be claimed.*

Contact us on 1300 444 663 or  
[homecare@helpinghand.org.au](mailto:homecare@helpinghand.org.au) to find out more

Information current as at 23 June 2025

  
**Helping Hand**