



# nabenet

Nabenet has been a leading provider of health, wellbeing, and injury management services across Victoria since 2002. Offering personalised service, professionalism, and care, we are occupational health experts who understand the needs of individuals faced with an injury, illness, or condition that impacts on their lives.

## We are here to help.



You can count on Nabenet to provide uncomplicated, supportive, and empowering services to help you get back to life or back to work.

It all starts with a conversation. We will listen, understand your unique circumstances, and partner with you on a collaborative plan to support you in your rehabilitation, at any stage.

We will collaborate with you and your treating team to ensure that your service goals and plans are appropriate for your stage of recovery.

## Our consultants are specialised in the following areas and look forward to partnering with you:



Psychologists | Rehabilitation Counsellors  
Exercise Physiologists | Physiotherapists  
Osteopaths | Occupational Therapists | Nurses  
Chiropractors | Employment Consultants

## We can support you with the following services:



**Activities of Daily Living**, to help review areas of personal self-care and general activities within and outside of the home to determine whether you need extra support



**Functional Assessments**, to help you understand your functional status which can determine what activities or return to work arrangements are the safest



**Exercise Programs**, to help with strength building, stretching, weight management, and boosting energy levels



**Health Coaching and Recovery Support Programs**, to help you identify and seek support in return to life needs that may centre around connection, wellbeing, health, and recovery



**Return to Work Services**, to help you return to work with your pre-accident employer or a new employer safely and sustainably.



**Ergonomic and Worksite Assessments**, to ensure that your workplace is ergonomically designed to minimise the risk of injury and maximise your productivity when you do return to work



We are located in your local community, you can find your closest office **HERE**

Contact us today to see how we can support you to get back to life and back to work

-  79 Power Street, Hawthorn VIC 3122
-  (03) 9981 9888
-  [workhealth@nabenet.com.au](mailto:workhealth@nabenet.com.au)
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