

**FAIRCAPE**  
Health Institute



# COMMON OFFERINGS AT FAIRCAPE HEALTH

Tokai and Somerset West

# WHY CHOOSE FAIRCAPE HEALTH

## Trusted by over 360 Specialists across the Western Cape

At Faircape Health, we believe in empowering our patients to reclaim their independence.

- On site Interdisciplinary Team, offering **7 days** a week rehabilitation
- State of the art facilities including 4 physical rehabilitation gyms, 4 occupational therapy gyms and 2 ADL (Activities of Daily Living) kitchens located at our Tokai and Somerset West facilities.
- Over **210 patients** through our doors each month

Together, these capabilities ensure a comprehensive, high-quality rehabilitation experience focused on achieving the best possible outcomes for every patient.



## Our Expertise

Within our interdisciplinary medical team, we are supported by two Family Physicians and seven permanent Medical Officers, with five based at our Tokai facility and two at our Somerset West facility, ensuring consistent medical oversight and continuity of care across both sites.

- Our medical team offers expertise in the following areas of care:
- MMED Fam Med / FCFP
- International Rehabilitation Fellowship
- Diploma of Anaesthetics
- Diploma of Emergency Medicine
- Palliative Care Diploma
- HIV Diploma
- ATLS / ACLS
- Additional courses in - Acute spinal cord injury, Post Surgery Joint Care, Basic surgical skills, Pain, Basic Ultrasound, Dermatology, Geriatrics

Our programmes are medically overseen by family physicians with rehabilitation subspecialisation, supported by medical officers experienced in rehabilitation medicine, internal medicine, geriatric medicine and palliative care. Our doctors are strong generalists who are confident in managing a wide range of co-morbidities while keeping referring specialists informed and involved.

We are comfortable managing most common medical complications and have access to IV therapies (including blood transfusions and antibiotics), as well as pathology and radiology services available at nearby hospitals.

Our specialist areas include spasticity management (including Ultrasound-guided botulinum toxin), neurorehabilitation (including neuropathic pain management and functional assessment), and spinal cord injury management (including bladder and bowel management), as well as palliative care and holistic medicine, incorporating input from the various specialties involved during the acute admission.

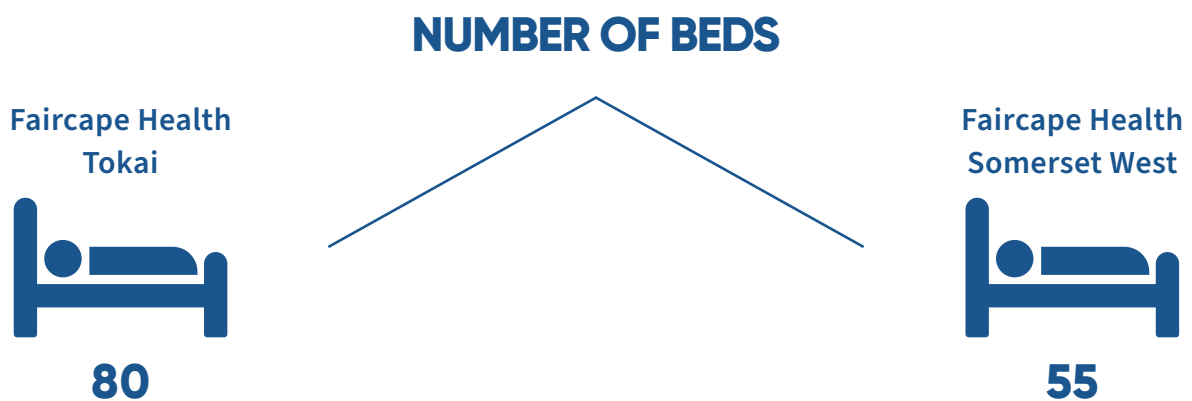
### Did You Know?

We are skilled and confident in managing strokes, brain injuries, spinal cord injuries, amputations, major multiple trauma, hip fractures (including osteoporosis management), neurological disorders (Parkinson's disease, MS, polyneuropathy), hip, knee, spine and general surgery, cardiac and respiratory rehabilitation, medically complex patients, and wound care.



## Our Interdisciplinary Team

- Dedicated interdisciplinary team delivering coordinated, goal-driven rehabilitation
- 7 days a week rehabilitation to support optimal recovery and timely discharge
- Team includes: Physiotherapists, Occupational Therapists, Neuropsychologist, Dietitian, Speech Therapist, Specialised Nursing Staff, Social Workers, Administrative Support, and a dedicated Discharge Planning Team
- Close collaboration with medical practitioners
- Proactive, structured discharge planning
- Ongoing communication with referring specialists throughout the patient's stay
- Focused on a safe return to independence or appropriate ongoing support



# ORTHOPAEDIC REHABILITATION

We provide rehabilitation following traumatic orthopaedic injuries, joint replacement surgery, spinal surgery, and complex musculoskeletal conditions.

## Our Clinical capabilities include:

- Hip and knee arthroplasty rehabilitation
- Early mobilisation and functional retraining with Physiotherapists
- Pain neuroscience education and TENS
- Work-focused and return-to-activity rehabilitation

Functional assessment and rehabilitation addressing strength, mobility, balance, and independence. Services include individually tailored exercise programs, mobility training, and orthopaedic-focused interventions, supported by comprehensive gym-based resources and evidence-based practice.

Assessment and rehabilitation addressing the functional impact of orthopaedic injury and surgery on activities of daily living, work, and community participation. Services include hand therapy, pain management, wheelchair seating, functional capacity and work evaluations, ergonomics, vocational rehabilitation, and fitness-to-drive assessments.

Psychosocial assessment and support targeting risk factors that may influence recovery, treatment adherence, and discharge safety. Services include early identification and management of psychological distress, with specialised expertise in suicide risk assessment and psychosocial intervention.

Continuous clinical care focusing on pain management, wound care, infection prevention, and early mobilisation. Services are delivered under structured clinical leadership, ensuring consistent, high-quality care across both sites.



**Tilt Table**



**Hoist**



**Mock-up Kitchen**

# NEUROLOGICAL REHABILITATION

Our team manages stroke, traumatic brain injury, spinal cord injury, Parkinson's disease, and other neurological conditions across acute, sub-acute, and complex rehabilitation phases.

## Our Clinical capabilities include:

- Bobath-based neurorehabilitation
- Spasticity management, including botulinum toxin injections
- SPEAK OUT!® therapy for Parkinson's disease
- Voice Fit programme for voice disorders
- Myofascial release and facial taping post-stroke or TBI
- Neuropsychological and cognitive assessment
- Swallowing and dysphagia assessment and management, including FEES

Advanced assessments and management of communication and swallowing disorders, including dysphagia care, Parkinson's-focused therapy, and rehabilitation following neurological injury. Advanced cognitive and behavioural assessments are used to identify strengths and impairments, informing interdisciplinary rehabilitation planning, capacity evaluation, and discharge decision-making. Assessment and management of the functional impact of neurological conditions on self-care, upper limb function, cognition, mobility, vocational capacity, and community participation. Interventions include Bobath-based neurorehabilitation, spasticity management, hand therapy, wheelchair seating and positioning, cognitive assessment, vocational rehabilitation, and driving and community mobility support.

Psychosocial assessment and support addressing adjustment to disability, family dynamics, and long-term care planning. Services include guidance for patients and families navigating complex rehabilitation needs, with specialised expertise in spinal cord injury rehabilitation and autonomic nervous system regulation. Specialised neurological nursing focused on complication prevention, functional independence, and continuity of care throughout the rehabilitation process



**Complex Machine**



**Blaze Pods**



**Robotic Hand**

# AMPUTEE REHABILITATION

We provide comprehensive rehabilitation following amputation, supporting recovery from surgery through to prosthetic integration integration and long-term independence.

## Our Clinical capabilities include:

- Post-operative residual limb management
- Pre-prosthetic and prosthetic rehabilitation
- Gait retraining and balance rehabilitation
- Prosthetic collaboration and optimisation
- Functional retraining for daily living and mobility

Staged assessment and rehabilitation addressing strength, balance, mobility, and prosthetic use for patients with limb loss. Services include close collaboration with prosthetists and leading prosthetic providers to ensure evidence-based application of advanced prosthetic technologies. Functional assessment and rehabilitation targeting independence in self-care, household tasks, work, and community participation. Services include wheelchair seating, functional capacity and work evaluations, pain management, driving and community mobility, and cognitive assessment where indicated.

Psychosocial assessment and support addressing adjustment to limb loss, identity change, and functional impact. Services include bereavement counselling, suicide risk assessment, and guidance for patients and families to support emotionally informed rehabilitation and discharge planning.

Expert clinical care focusing on wound management, complication prevention, and early functional rehabilitation, ensuring safe and effective recovery throughout the rehabilitation process.



**iWalk Device**



**Bobath Plinths**



**Parallel Bars**

# CARDIAC REHABILITATION

We deliver structured rehabilitation for patients with acute and chronic cardiac conditions, supporting safe recovery and long-term cardiovascular health.

## Our Clinical capabilities include:

- Structured cardiac rehabilitation programmes
- Risk stratification and monitoring
- Graded endurance and functional retraining
- Education for lifestyle modification and adherence

Evidence-based cardiac rehabilitation guided by comprehensive assessment and individually tailored exercise progression. Services are delivered by physiotherapists trained through the AACPVr to optimise cardiovascular recovery and functional capacity.

Functional assessment and rehabilitation by our occupational therapists, addressing the impact of reduced endurance, medical precautions, and psychosocial or cognitive factors on daily living, work, and community participation. Interventions support energy conservation, graded activity participation, and informed return-to-work and driving decisions.

Psychosocial assessment and support addressing emotional distress, treatment adherence, and discharge planning. Services aim to facilitate adjustment, promote engagement in rehabilitation, and reduce the risk of readmission.

Clinical care focused on cardiac monitoring, risk management, and structured rehabilitation delivery. All nursing staff are BLS certified, with selected staff trained in ACLS, ensuring safe, evidence-based patient management throughout the rehabilitation program.



**Handheld Dynamometres**



**Theratrainer**



**Treadmill and a Recumbent Bike**

# ONCOLOGY REHABILITATION

We support oncology patients across the care continuum, from active treatment to recovery and palliative phases.

## Our Clinical capabilities include:

- Rehabilitation for cancer-related deconditioning
- Fatigue and energy management
- Functional support during and after treatment
- Symptom-focused rehabilitation

Functional assessment and rehabilitation targeting mobility limitations, weakness, and functional decline. Services are individually tailored and goal-directed, supported by comprehensive gym facilities to optimise patient recovery.

Assessment and rehabilitation addressing the functional, cognitive, and emotional impact of cancer and its treatment. Interventions focus on self-care, fatigue management, positioning, adaptive strategies, and engagement in meaningful activity, guided by rehabilitation and palliative care principles.

Psychosocial assessment and support addressing emotional distress, and discharge planning. Services are delivered by staff trained in oncology care, providing containment and coordinated support aligned with treatment goals.

Clinical care focusing on symptom management, functional support, and compassionate oversight throughout the rehabilitation process, ensuring patient safety and comfort.



**In Body**



**Tens Machine**



**Treadmill**

# PALLIATIVE REHABILITATION

We provide interdisciplinary palliative rehabilitation focused on comfort, dignity, symptom control, and family support.

## Our Clinical capabilities include:

- Symptom-focused rehabilitation
- Communication and swallowing support
- Functional comfort and positioning
- Psychosocial and family-centred care

Assessment and rehabilitation addressing communication, swallowing, energy conservation, positioning, and engagement in meaningful activities. Services are delivered by therapists trained in palliative care principles, supporting functional participation as a patient's health status changes.

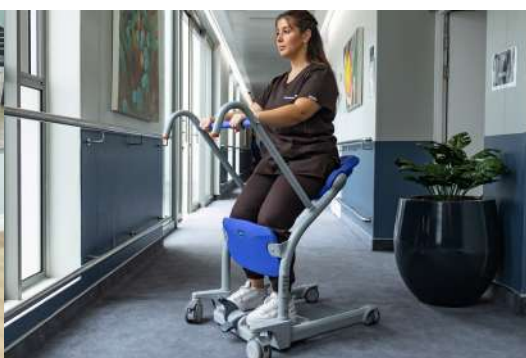
Functional assessment and rehabilitation focused on comfort, mobility optimisation, and prevention of secondary complications. Interventions are individually tailored to maintain quality of life.

Psychosocial assessment and support addressing emotional, ethical, and cultural considerations in end-of-life care. Services include bereavement support and guidance for patients and families throughout the palliative journey, offered by our team of social workers.

Clinical care prioritising comfort, dignity, symptom management, and family preparedness. Services ensure compassionate, continuous support across all stages of palliative care.



**Therapy Stairs**



**Sara Steady**



**Recumbent Bike**

# GENERAL SURGICAL REHAB

We manage rehabilitation following general surgical procedures, supporting recovery from abdominal, soft tissue, and complex post-operative conditions.

## Our Clinical capabilities include:

- Post-operative pain management and optimisation
- Wound care and infection prevention
- Early mobilisation and functional retraining
- Respiratory physiotherapy and prevention of post-surgical complications
- Safe discharge planning and post-operative adjustment

Comprehensive post-surgical care focusing on pain management, wound care, infection prevention, and early mobilisation. Services are delivered by staff trained in emergency response, infection control, and post-operative monitoring to support safe recovery and minimise complications.

Evidence-based post-surgical rehabilitation addressing reduced mobility, deconditioning, and functional decline. Services include a thorough assessment, individualised treatment planning, and interventions targeting strength, mobility, respiratory function, and independence, supported by fully equipped rehabilitation gyms.

Psychosocial assessment and support addressing adjustment to hospitalisation, recovery demands, and temporary or permanent role changes. Services include emotional support, psychosocial risk screening, family engagement, and discharge planning to ensure alignment with available support.



**Bobath Plinths**



**Theratrainer**



**Assisted Bathroom**

# MEDICAL REHABILITATION

We provide interdisciplinary rehabilitation for patients recovering from acute and chronic medical illness, prolonged hospitalisation, and medical deconditioning.

## Our Clinical capabilities include:

- Rehabilitation following complex medical illness
- Management of medical deconditioning and frailty
- Functional retraining to restore independence
- Medication optimisation and coordinated care planning
- Safe discharge and continuity-of-care planning

Clinical oversight of complex medical recovery, including medication management, chronic condition monitoring, and coordination of interdisciplinary care. Services prioritise patient progress, functional independence, and continuity of care across both facilities.

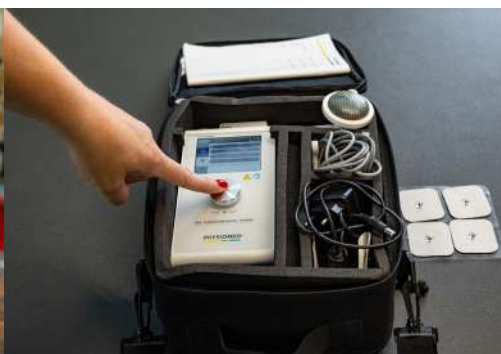
Evidence-based rehabilitation targeting restoration of endurance, mobility, balance, and functional capacity following illness or prolonged immobility. Services are guided by individualised assessment and delivered collaboratively, supported by advanced rehabilitation gym facilities.

Functional assessment and rehabilitation addressing the impact of medical illness on self-care, cognition, mobility, and daily participation. Interventions support energy conservation, adaptive strategies, functional independence, and safe transition home or to the next level of care.

Psychosocial assessment and support addressing cognitive, emotional, and environmental factors affecting recovery and discharge safety. Services include patient advocacy, resource coordination, safeguarding, and development of sustainable discharge plans for medically complex or vulnerable patients and families.



**Harmse Work Samples: Postural Tolerances**

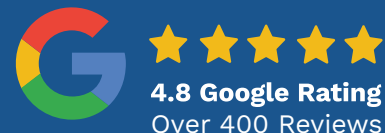


**Deep Oscillation Machine**



**Adjustable Shoulder Exercise Ladder**

# PATIENT REVIEWS



★★★★★

I'm so incredibly thankful for my journey at Faircape. Most sincere and professional individuals that I ever came across. They made my healing process so worth while. From their cleaners to their management, everyone is so friendly. I would recommend this institution to anybody that wants the best results from professionals.

**Coreen Niemand**

★★★★★

The carers, doctors, physios, orthopaedic therapists, kitchen and restaurant staff, cleaners, locums, front desk staff - each and every one of you played a vital role in my husband's recovery. We are deeply thankful for your kindness, professionalism, and commitment. May God bless you all abundantly. Our family will always remember what you have done for us, and we are truly grateful. Thank you from the bottom of our hearts.

**Esme Martin & Family**

★★★★★

Faircape Health in Tokai is a five star Step down facility. I was fortunate enough to have a bed with an amazing view of the mountains in the distance and a tree like an aviary at sunset every day. The five star rating extends to each and every role player in a patient's rehabilitation. The Carers are kind and happy to assist in any situation. The professional medical, physio and OT services are outstanding in the way they provide individual attention and therapy and after my ten day stay I am now confident that I can go home able to go up and down stairs, use crutches with confidence and follow a easy to remember exercise routine. All the kitchen staff including the Dietician went out of their way with a smile to accommodate my specific dietary needs.

**Lorraine Beetga**

# FAIRCAPE HEALTH TOKAI

**Cnr Vans Rd & Windsor Place, Dreyersdal, Cape Town**

Faircape Health Tokai offers state-of-the-art facilities designed to support optimal patient rehabilitation and recovery. The centre includes two fully equipped physical rehabilitation gyms and two occupational therapy gyms, one of which features an ADL (Activities of Daily Living) kitchen to help patients regain essential everyday skills for safe, independent living.

Accommodation is designed for comfort and recovery, with shared suites offering premium amenities and private rooms available for added tranquillity. On-site features such as piped and mobile oxygen, a pharmacy, coffee shop, landscaped walking paths, and a peaceful courtyard contribute to a holistic and supportive healing environment.





# FAIRCAPE HEALTH SOMERSET WEST

**Hazelden Dr, Heritage Manor, Cape Town**

Faircape Health Somerset West features recently upgraded facilities, including a new physical rehabilitation gym and two occupational therapy gyms, supporting both physical and functional recovery. Set in the leafy suburbs of Somerset West, the environment offers a calm and restorative setting, while thoughtfully designed rehabilitation spaces and advanced equipment enables safe, progressive recovery. Dedicated areas for cognitive rehabilitation and specialised hand therapy further support focused, goal-directed treatment.

Accommodation includes both single and shared rooms, each with premium amenities to ensure a comfortable stay. Private rooms are available on request, offering enhanced tranquillity and personalised care. All rooms are equipped with en-suite bathrooms, assisted and wheelchair-accessible showers, and piped oxygen to support patient safety and comfort.



View our  
Sub-Acute  
Facility  
in Tokai,  
scan here



View our  
Sub-Acute  
Facility in  
Somerset West,  
scan here



Please scan here to start filling in our  
referral form.

Simply scan the QR code.

Please do not hesitate to contact Faircape Health Institute for more  
information: [enquiries@faircape.co.za](mailto:enquiries@faircape.co.za) or 021 001 8291

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