

# Directions to Active Rehabilitation Physiotherapy South Brisbane

**Men's & Women's Health Appointments**  
 Suite 40, Level 7, Mater Medical Centre, 293 Vulture Street South Brisbane

**All other Appointments**  
 Level 3, Mater Medical Centre, 293 Vulture Street South Brisbane \



## **By Bus**

### **From the City or Southbank direction (outbound):**

- Disembark at the Mater Hill busway station
- Head left and walk up the stairs or ramp into the Mater Medical Centre
- Enter the Mater Medical Centre through the glass doors
- Take the lift to either Level 7 (Men's and Women's Health appointments) or Level 3 (all other appointments)

### **From Annerley or Stones Corner direction (inbound):**

- Disembark at the Mater Hill busway station
- Walk up the stairs and across the busway overpass to the opposite side of the busway
- Turn right at the bottom of the busway stairs
- Walk up the stairs or ramp into the Mater Medical Centre
- Enter the Mater Medical Centre through the glass doors
- Take the lift to either Level 7 (Men's and Women's Health appointments) or Level 3 (all other appointments)

## **By Car**

Active Rehabilitation is situated in the Mater Medical Centre.

- **Paid parking:** is available in the Mater Medical Centre Car Park. *The cost is comparative to other hospital car parks.*
- **Metered Street Parking:** may be available on Vulture Street and other surrounding streets. Please note that Vulture Street is a clearway from 4pm to 7pm.

### **From William Jolly Bridge or West End:**

- Travel up Vulture Street (one way street)
- Move into the right-hand lane. The first red-brick Mater building on the right hand side is the Mater Medical Centre
- Turn right into the first driveway entrance (the red *Active Rehabilitation* sign can be seen on the billboard beside the driveway).
- There is a patient set-down area on the circular driveway in front of the Mater Medical Centre.
- Or, to use the onsite car park, turn right, pull a car park ticket and go under the boom gate
- Drive down the car park ramp and park on any level
- Take the lift to either Level 7 (Men's and Women's Health appointments) or Level 3 (all other appointments)

### **From the Northside, over the Story Bridge:**

- Turn right from Main Street onto River Terrace.
- Continue through the traffic lights to cross over Vulture St.
- Move into the right-hand lane, and then turn right into Stanley Street.
- Continue towards the Mater Hospital (past Brew House Hotel on the left hand corner) and at the traffic lights, follow Stanley Street around to the right; get into the far right hand lane.
- Continue through the next 2 sets of traffic lights, until you see the Queensland Children's Hospital (green building on the left); get into the far right lane.
- At those traffic lights, take a sharp right turn into Vulture Street.
- Move into the right-hand lane and travel up Vulture St. You will see a red-brick Mater building on the right hand side, called the Mater Medical Centre.
- Turn right into the driveway entrance for the Mater Medical Centre (the red *Active Rehabilitation* sign can be seen on the billboard beside the driveway).
- (For patients being dropped off, there is a patient set-down area on the circular driveway in front of the Mater Medical Centre.)
- To use the onsite car park, once you are in the driveway turn right, pull a car park ticket and go under the boom gate.
- Drive down the car park ramp and park on any level
- Take the lift to either Level 7 (Men's and Women's Health appointments) or Level 3 (all other appointments)

### **From the Southside:**

- From the South East Freeway, take the Stanley Street exit OR, if not coming via the freeway, travel along Stanley Street
- Continue towards the Mater Hospital (past Brew House Hotel on the left hand corner) and at the traffic lights, follow Stanley Street around to the right; get into the far right hand lane.
- Continue through the next 2 sets of traffic lights, until you see the Queensland Children's Hospital (green building on the left); get into the far right lane.
- At those traffic lights, take a sharp right turn into Vulture Street.
- Move into the right-hand lane and travel up Vulture St. You will see a red-brick Mater building on the right hand side, called the Mater Medical Centre.
- Turn right into the driveway entrance for the Mater Medical Centre (the red *Active Rehabilitation* sign can be seen on the billboard beside the driveway).
- (For patients being dropped off, there is a patient set-down area on the circular driveway in front of the Mater Medical Centre.)
- To use the onsite car park, once you are in the driveway turn right, pull a car park ticket and go under the boom gate.
- Drive down the car park ramp and park on any level
- Take the lift to either Level 7 (Men's and Women's Health appointments) or
- Level 3 (all other appointments)

### **By Train**

The closest train station to *Active Rehabilitation* at South Brisbane is the Southbank station. It's easy to walk to Active Rehab from there.

- From the train station, head south towards the Queensland Children's Hospital and Mater Hospitals
- Head up the hill along Vulture Street
- About 50m up the hill and on the right hand side of the street you will see a red brick building—the Mater Medical Centre (written across the top of the building in white writing)
- On Vulture Street, you will see a tall signage tower and our red *Active Rehabilitation* sign is on that tower
- At the tower, turn right into that driveway. Walk straight ahead and there is a circular driveway leading to some sliding glass entrance doors
- Walk through those doors
- Take the lift to either Level 7 (Men's and Women's Health appointments) or
- Level 3 (all other appointments)