

OCCUPATIONAL THERAPISTS

PHYSIOTHERAPISTS

EXERCISE PHYSIOLOGISTS

ACCESSIBLE GYM

REHABILITATION CONSULTANTS



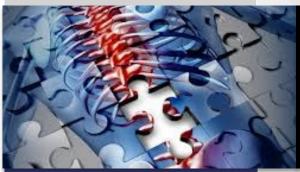
www.accessfitness.com.au

PAIN AND INJURY SELF - MANAGEMENT

Our Occupational Therapists provide **pain management education** based on the latest pain neuroscience research

Applying principles which have been proven to be the most effective for

preventing negative pain behaviour
and managing persistent pain







HEAD OFFICE

Ground Floor 246 Glen Osmond Road, FULLARTON SA 5063

REGIONAL OFFICE

26 Second Street, NURIOOTPA SA 5355

CONTACT US VIA EMAIL

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1300 368 141

The injury self-management program can be offered by MPOT/Access Fitness as part of a multi-disciplinary program or as a standalone program.

The program includes a combination of:

- Education
- Challenging self-talk and counteracting negative thinking
- · Pacing, exercise and grading of activities
- Graded Motor Imagery
- Mirror Box Therapy
- · Safe work practices and manual handling
- Work life balance including relaxation techniques
- Individualised strategies for ongoing pain management and getting the most out of life

- SERVICES CAN BE ACCESSED BY -

NDIS Participants | Privately Insured Clients | GP Plans | DVA Clients (Gold and White Card Holders)

Clients with Third Party / Compensable Claims - including

Workplace Injury, Motor Vehicle Accident, Income Protection / Disability & Public Liability

















