

OCCUPATIONAL THERAPISTS

PHYSIOTHERAPISTS

EXERCISE PHYSIOLOGISTS

ACCESSIBLE GYM

REHABILITATION CONSULTANTS

ACCESS  
FITNESS

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

2 Elizabeth Street,  
TANUNDA SA 5352

### CONTACT US VIA EMAIL

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info@accessfitness.com.au

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