

ABOUT US

VALUES



Unity of Purpose

We will operate with a common sense of purpose and direction.



Teamwork

All our staff are encouraged to work as a team to achieve common goals.



Fun

Whilst achieving goals is important, we believe it is also important to incorporate fun into the work environment.



Customer Service

All our customers will receive exceptional service that is informed, attentive and professional from all staff at all times.



Respect and Trust

We will respect the dignity and rights of each person in the organisation and create an environment that encourages open and honest discussion.

Our Philosophy

Deliver high quality assessment, treatment and rehabilitation services to people living with an injury or disability that prevents them from functioning at their optimum level and actively participating in life.

One of our primary goals is to assist people to participate to their full potential in the activities of everyday life and living. We achieve this by enabling people to do things that will enhance their ability to participate or by modifying the environment to better support participation.

PRESENT DAY

- MPOT/Access Fitness is one of South Australia's largest and leading providers of Allied Health and Disability Services to the community, with around 20 clinicians providing support to nearly 700 clients.
- MPOT/Access Fitness has expanded into a group of specialist and highly committed allied health professionals including Occupational Therapists, Physiotherapists, Exercise Physiologists and Speech Pathologists who deliver a comprehensive range of expert services to people who have sustained multiple and/or serious injuries, neurological and other complex physical injuries and disabilities.
- MPOT/Access Fitness works with a diverse range of clients of varying ages, from teenagers, adults and people over 65 years of age.
- People can access MPOT/Access Fitness services in a variety of ways, including through NDIS, Return to Work SA, motor vehicle insurance, DVA, Aged Care Packages, Medicare health care plans and private health.

We want to hear from you

GET IN TOUCH



Many of the therapists who have worked with MPOT have become leaders in their fields.

OUR SERVICES

OCCUPATIONAL THERAPY

- Activities of daily living assessment and recommendations including functional care needs assessments
- Equipment provision and safety management
- Assistive Technology
- Functional Care Needs assessment
- Home modification assessment and design
- Driving assessment and vehicle modifications
- Wheelchair seating and postural assessment
- Pain and injury self-management
- Amputation and prosthetic management
- Ongoing therapeutic intervention including upper limb therapy, cognitive therapy, functional re-training, sensory integration and development of day to day self-care skills
- Worksite assessments and assistance with return to work.

SPEECH PATHOLOGY

- Speech and language assessment, recommendations and therapy
- Alternative augmentative communication (AAC) assessment, prescription, training and education
- Dysphagia assessment and management
- Neurological and functional voice disorder rehabilitation
- Communication partner training
- Social communication
- Literacy support
- Supporting a range of presentations including:
 - Dyspraxia
 - Dysarthria
 - Aphasia
 - Traumatic brain injury (TBI)
 - Acquired brain injury (ABI)
 - Stroke
 - Physical disabilities.

EXERCISE PHYSIOLOGY

- Health screening and assessment
- Assessment of functional capacity
- Development of safe, effective individualised exercise interventions Health education and advice
- Provision and management of clinical exercise Prescription and evidence-based rehabilitation for an array of chronic conditions or injuries.
- Supporting a range of presentations including:
 - Weight loss
 - Diabetes management
 - Heart disease
 - Multiple Sclerosis
 - Stroke rehabilitation
 - Spinal cord injury
 - Post-op rehabilitation
 - Mental health issues
 - Respiratory conditions
 - Musculoskeletal injuries.

PHYSIOTHERAPY

- Strength and mobility exercise therapy and programs
- Deep tissue massage, myofascial release, dry needling, mobilisation, manipulation
- Gait re-training following surgery or amputation
- Education on pathology, prognosis and the role of pain
- Functional capacity, home & worksite assessments
- Walking aid, brace & equipment prescription
- Supporting a range of presentations including:
 - Sprains & strains
 - Back pain
 - Whiplash
 - Neurological conditions
 - Stroke rehabilitation
 - Spinal cord injury
 - Amputations.

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