

OCCUPATIONAL THERAPISTS

PHYSIOTHERAPISTS

EXERCISE PHYSIOLOGISTS

ACCESSIBLE GYM

REHABILITATION CONSULTANTS

1300 368 141

# WORK CONDITIONING & FUNCTIONAL RESTORATION PROGRAMS

An intensive, goal-oriented conditioning program designed to restore neuromuscular and musculoskeletal function including strength, power, endurance, joint mobility, ROM, motor control, cardiovascular endurance and functional abilities.

The primary objective of the **Work Conditioning Program** is to restore **physical capacity and function** to enable the client to return to suitable and sustainable employment while our **Functional Restoration Program** is aimed at **improving function to return to life activities**.



HEAD OFFICE

Ground Floor

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MPOT™

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Our Programs are undertaken by highly experienced Exercise Physiologists, Occupational Therapists and Physiotherapists.

We have a **SPECIALLY DESIGNED GYM** with a **PURPOSE BUILT WORK SIMULATION AREA** that allows clients to undertake **REAL WORK TASKS**

Our Programs are individually tailored dependent on the client's injury, medical history and social and bio-psychosocial factors.

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

Our Physiotherapist and Exercise physiologist develop programs that lead to self-management and independence.

Our Occupational Therapist can attend the Worksite as well as Case Conferences throughout the program to ensure a smooth graded return to work or activity.

## - 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