



MPOT

We are located at the corner of Portrush and Payneham Roads. Parking is available off both Henry St & off Payneham Rd. There are four wheelchair accessible car parks available (two in each carpark).

References:

1. Fox, K.R. (1999). The influence of physical activity on mental well-being. *Public Health Nutrition*, 2(3a); 411-418.
2. Hicks, A.L., Marti, K.A., Ditor, D.S., Latimer, A.E., Craven, C., Bugaresti, J., & McCartney, N. (2003). Long-term exercise training in persons with spinal cord injury: effects on strength, arm ergometry performance and psychological well-being. *Spinal Cord*, 41; 34-43.
3. Nicol, C.W., Warburton, D., & Bredin, S. (2006). Health benefits of physical activity: the evidence. *Canadian Medical Association Journal*, 174(6); 801-809.
4. Noreau, L., & Shephard R.J. (2005). Spinal cord injury, exercise and quality of life. *Sports Medicine*, 20(4); 226-250.
5. Stevens, S.L., Caputo, J.L., Fuller, D.K., & Morgan, D.W. (2008). Physical Activity and Quality of Life in Adults with Spinal Cord Injury. *The Journal of Spinal Cord Medicine*, 31(4); 373-378.
6. Warburton, D., Eng, J.J., Krassioukov, A., & Sproule, S. (2007). Cardiovascular Health and Exercise Rehabilitation in Spinal Cord Injury. *Top Spinal Cord Inj Rehabil*, 13(1); 98-122.



MPOT's gymnasium includes Adelaide's only fully wheelchair accessible or modified equipment for ease of transfer.

MPOT

MPOT provides the only fully wheelchair accessible gymnasium and rehabilitation facility available to the SA community.



Telephone: 1300 368 141

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MPOT Serious Injury Gym and Rehabilitation Facility

WHAT DOES MPOT OFFER ME?

MPOT has been offering a range of services including occupational therapy, physiotherapy, rehabilitation and return to work and risk management since 1998.

In March 2011, MPOT opened Adelaide's first gym that has fully wheelchair accessible equipment, combined with a physiotherapy treatment facility.



The gym includes parallel bars and a ramp for rehabilitation as well as specialised wheelchair strength and fitness equipment including two MotoMeds and arm cranks.

The gym is available to the public and includes one on one sessions with either an Exercise Physiologist or a Physiotherapist as well as individual consultations and rehabilitation programmes. Memberships are available.

MPOT specialises in supporting people with serious injuries, amputation and neurological conditions; however the gym is available to anyone needing accessible equipment, as well as their family.

HOW EXERCISE CAN HELP YOU

The benefits of regular exercise are almost endless. Some of these include:

- Improved aerobic capacity and ability to carry out everyday tasks, preventing de-conditioning (Noreau, 1995)
- Exercise can prevent secondary complications to injury and help maintain abilities and independence, resulting in an improved quality of life (Stevens, 2008)
- Significantly decreased risk of developing cardiovascular disease through improvements in glucose control, blood pressure and cholesterol levels (Warburton, 2007 & Nicol, 2006)
- Supervised exercise ensures correct technique and regular use so as to provide a functional impact (Hicks, 2003)
- Improved sense of well being, optimism and life satisfaction (Fox, 1999 & Noreau, 1995).

At MPOT we can provide the guidance and knowledge to aid you in achieving health and physical benefits and your personal goals. We will provide you with an exercise programme designed to meet these goals as well as ongoing programme updates to help keep you moving forward.

WHAT I CAN EXPECT

Prior to commencing a programme an Initial Consultation is required with an Exercise Physiologist or Physiotherapist. All of our staff are fully trained and accredited with their associated national body.

Following the initial consultation a programme will be tailored to help you meet your personal fitness objectives.



Gym memberships are available for 1 month, 3 month and 12 month, or on a per visit basis.

To view our facilities, make a booking or just an enquiry please call us on 08 8336 7188