

Access Physiotherapy

Working with you to achieve your goals.



Building healthier lives together with our communities and delivering excellent health services for all.

Our Physiotherapy services



Access Health and Community (AccessHC) provides evidence-based physiotherapy services, including individual assessment and health planning, individualised treatment, and group sessions targeting specific health needs.

Our physiotherapists work closely with you to achieve your personal goals. This can include returning everyday activities, improving your health and/or developing new and interesting hobbies.

Our services are short term to medium term in duration, and include evidence-based interventions.

Health conditions that we treat, and can improve, include:

- Chronic pain, arthritis, pain in muscles and joints
- Walking or mobility difficulties
- Reduced balance or falls
- Neurological conditions i.e. stroke, cerebral palsy, spina bifida, multiple sclerosis, Parkinson's disease, complex physical and developmental disorders
- Diabetes
- Lung/respiratory conditions
- Reduced physical condition/fitness, muscle weakness, joint stiffness

- New injuries and flare-ups reducing function (including back and neck pain)
- Men's or women's health problems (e.g. incontinence and spinal pain associated with pregnancy)

We provide:

- Individual physiotherapy treatment
- Goal setting - we help you to set realistic goals
- Multidisciplinary care - we work closely with other health service providers if required, to enable you to achieve great outcomes
- Exercise programs - group/individual
- Post-surgery rehabilitation
- Prescription and education in the use of walking aids (walking sticks or frames) to help with your mobility to improve safety, confidence and independence
- Equipment prescription - including hoists, standing machines, postural/bed supports and assisting with wheelchair prescription
- Self-management support - we support you to manage your own health condition
- Referrals - to community activities and exercise groups
- Home visits - to help you with mobility equipment prescription or address identified issues. We aim to enable you to live safely and independently in your home, for as long as possible
- Home visits for people with disability housed in Disability Accommodation Services.



Our exercise and health group programs

- Hydrotherapy – Aquatic Physiotherapy and warm water exercises
- Falls Prevention – Safe Moves, No Falls
- Strength training – Strong People Stay Young, PhysioMoves, Land Based Exercises
- Pilates (for beginners)
- Nordic Walking
- Healthy Changes for Arthritis / Community Gym
- Gentle Exercises, Fitness and Friendship and Staying Active
- Walking groups
- Respiratory/lung health – Phase 3: Chronic Obstruction Pulmonary Disease (COPD) rehabilitation.



Our fees

We offer subsidised and fee-for-service health care with private health insurance rebates available. The cost of services depends on your income level and we will help you access funding you are eligible for. We support My Aged Care and National Disability Insurance Scheme (NDIS) clients.

Ask us how we can help you.

Appointments and Referrals

Please contact us on:

✉ intake@accesshc.org.au

☎ 03 9810 3000

If you need to reschedule your appointment; please contact us at least 24 hours before.

Non-attendance fees may apply.

About us

We are a quality, not-for-profit, accredited health and community service providing doctors, dentists, allied health, counselling, alcohol and drug, child and family services and social support programs. We offer services for all ages and work as a team to support you.

Where to find Physiotherapy services

Contact us for more information on all of our services, sites, parking options and transport.

☎ 03 9810 3000

✉ info@accesshc.org.au

🌐 accesshc.org.au

Ashburton

7 Samarinda Avenue
Ashburton VIC 3147

Doncaster East

1/1020 Doncaster Road
Doncaster East VIC 3109

Hawthorn

378 Burwood Road
Hawthorn VIC 3122

Richmond

283 Church Street
Richmond VIC 3121

We are a child safe organisation.

AccessHC is committed to providing services for our diverse community.