

taking an active approach...



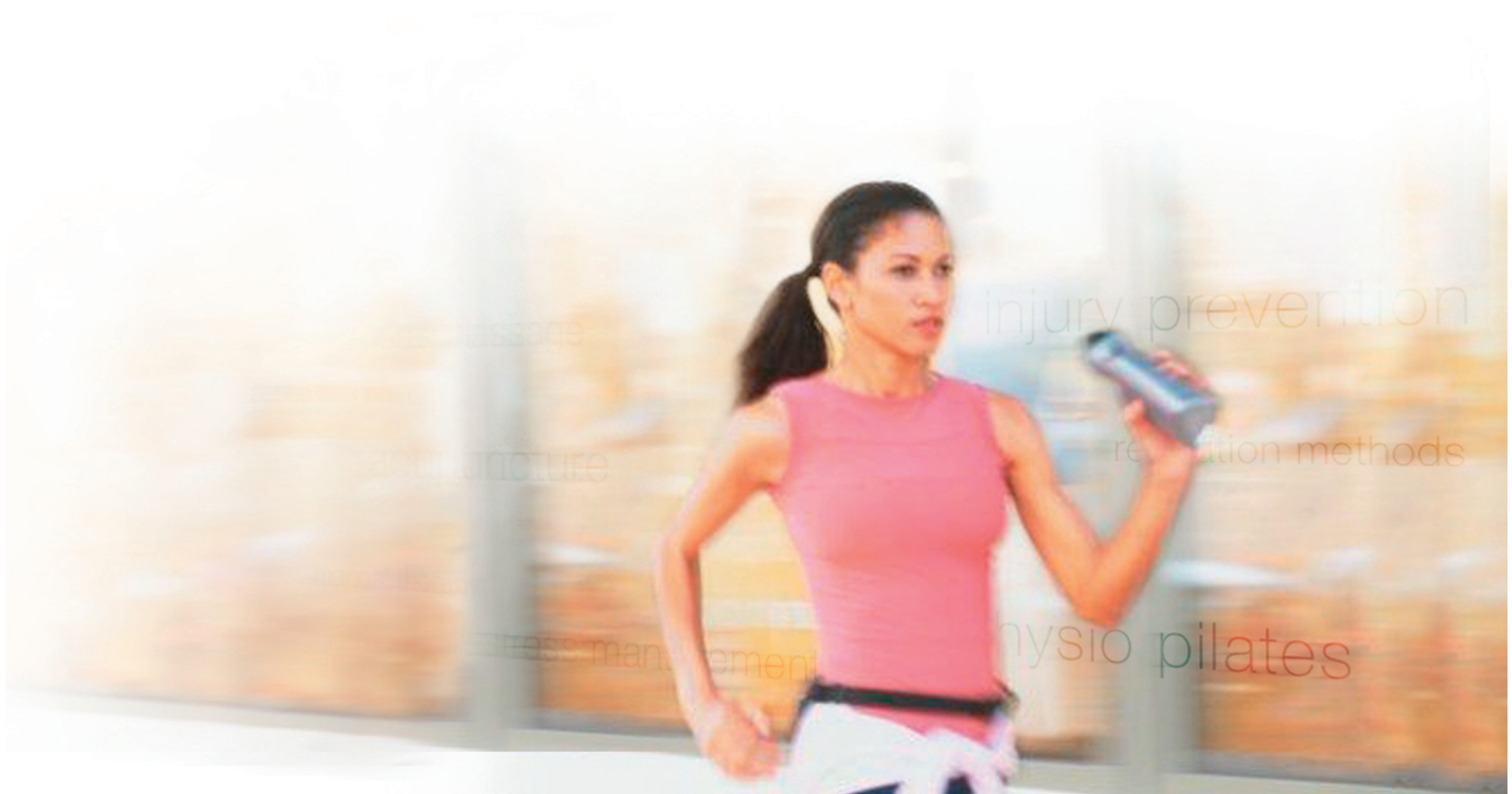
Active Physio has a unique approach to physiotherapy focusing not only on treating injuries, but also preventing them. We have taken great care in developing a range of pro-active and innovative health management and wellness plans aimed at using the health benefits of physiotherapy to prevent common ailments, stress, fatigue, postural pain, work related and over use injuries.

Active Physio has an established reputation in the health industry and strong associations with many industry leaders. The recent past has seen Active Physio develop and grow with practices spanning the Auckland area and beyond into Northland and New Plymouth. Commitment to service quality continues to be integral to the success of the brand. All Active Physio branches maintain accreditation through HDANZ (adhering to the Allied Health Service Sector standards) and strive for excellence in service delivery.

We have a comprehensive range of services tailored to the corporate client:

- ✓ Education sessions and Injury prevention seminars
- ✓ Pre-employment screening services
- ✓ Posture Power – Postural Correction
- ✓ Empower – Stress Management programme
- ✓ Get Active and Shape Up programmes
- ✓ Pilates classes
- ✓ Swissball strengthening classes

To learn more about Active Physio, the great range of services we offer and take advantage of our free information sheets, visit www.physio.co.nz.



Active Physio in the workplace...



As an Active Physio Professional Client, we'll help keep your business healthy and productive with these great pro-active packages designed specifically for the corporate workplace.

PREVENTATIVE STRATEGIES

We can work with management to design and develop a preventative physiotherapy package to suit your particular workplace and employees. With a preventative strategy in place, we aim to maintain the personal wellbeing of staff and prevent injury and fatigue minimising staff downtime, sick-leave and general discomfort within the workplace.

EDUCATION AND SEMINARS

We also provide specifically tailored individual and group educational presentations and teaching sessions to facilitate successful implementation of health management initiatives. We can up-skill your workforce on numerous aspects of workplace health and safety.

PRE-EMPLOYMENT SCREENING

Designed to help you identify ergonomic risk factors as part of your pre-employment checking process. We provide a comprehensive report of findings which will allow you to become a leader in injury prevention and greatly reduce ACC related injury claims.

PILATES

Pilates is one of the fastest growing exercise modalities because it offers a unique approach to exercise that focuses on body awareness. Pilates work on improving and changing the body's postural and alignment habits, increasing flexibility and ease of movement. We are available to provide in-house pilates classes for your staff.

POSTURE POWER

This Health Management Plan is aimed at assessing and making recommendations for improvements to the workplace set-up and work-station ergonomics to improve physical well-being, help prevent injury, accidents and the development of chronic fatigue syndromes also known as OOS (Occupational Overuse Syndromes).



Active Physio in the workplace... cont.



STRESS MANAGEMENT

Designed to identify the sources and triggers for workplace stress, this Health Management Plan teaches effective techniques for alleviating stressful stimuli. With a strong emphasis on employers and employees working together, this plan develops a better understanding of the knowledge and skills needed to manage work pacing and work load.

GET ACTIVE

A health management plan designed to get your employees moving! Combining coaching and cognitive behavioural techniques to motivate those more sedentary types into a safe, effective and sustainable cardiovascular fitness programme. They will see results, and the spin-off is better productivity and performance!

SHAPE UP

We can provide your more "at risk" employees with a comprehensive system which will help them put weight related injuries and health complaints behind them. This plan provides a better understanding of the fundamental diet and training principles required to achieve and sustain weight reduction goals.

ACTIVE@WORK

Active Physio are proud to be associated with occupational health therapists *ACTIVE@WORK*. With our skills combined, you will have a team of healthcare specialists and a comprehensive protection plan including Injury Prevention, Injury Management, Pain and Stress Management administered with a balanced mix of assessment, treatment and education.

TREATMENT AND ACC

As a Professional Client, we can set up regular treatment clinics at your place of work and a special discount for your staff at Active Physio practices. We can also treat all injuries covered by ACC without a referral from your GP.

WORKPLACE VISITS

Ever not been able to find something that's right under your nose? This can sometimes be the case when looking for the cause of an employees discomfort at work. The objectivity provided by our expert assessment and reporting will enable you to work closely with your employees to minimise work related gradual process injuries.



Active Physio in the classroom...



As an Active Physio Classroom Client, we'll help keep your students healthy and strong with these great pro-active packages designed specifically for educational organisations.

SPORTS PHYSIO

Have our team of qualified and experienced physiotherapists at your service for anything from basic first aid and sports massage to injury rehabilitation. We can effectively treat injuries such as strains, sprains, soft-tissue bruising, muscles, tendons and ligaments, joint and back pain as well as helping to heal fractures and orthopaedic rehabilitation.

INJURY PREVENTION

Take a pro-active approach to sports injury prevention with specific exercise and stretch programmes aimed at strengthening at-risk muscle groups and injury-prone joints. Protecting the body from injury during the younger years can also help prevent weaknesses and chronic conditions from developing later in life. Injury prevention is important both on and off the sports field and we can set up safe working environments in the classroom to help prevent injury, accidents and the development of chronic fatigue syndromes also known as OOS (Occupational Overuse Syndromes).

TRAINING TIPS

Our physiotherapists can assist sports coaches in assessing their training sessions and suggest ways in which to improve exercise routines to target specific muscle groups for individual sporting codes.

TREATMENT AND ACC

As a Classroom Client, we can set up regular treatment clinics at your school and a special discount for your staff and students at any of our Active Physio practices. We can also treat all injuries covered by ACC without a referral from your GP.



Active Physio on the sports field...



As an Active Physio Professional Client, we'll keep your more active staff members in optimal condition with these great pro-active packages designed specifically for the sports orientated.

SPORTS PHYSIO

Have our team of qualified and experienced physiotherapists at your service for anything from basic first aid and sports massage to injury rehabilitation (ACC injuries are treated free of charge). We can effectively treat injuries such as strains, sprains, soft-tissue bruising, muscles, tendons and ligaments, joint and back pain as well as helping to heal fractures and orthopaedic rehabilitation.

INJURY PREVENTION

"Prevention is the best cure", as the adage says. Take a pro-active approach to sports injury prevention with specific exercise and stretch programmes aimed at strengthening at-risk muscle groups and injury-prone joints. By firstly preventing damage to the soft tissues and joints, and secondly seeking effective treatment from Active Physio immediately following injury, we can minimise the development of chronic conditions later in life.

TRAINING TIPS

Our physiotherapists can assist sporting staff members to assess their training sessions and suggest ways in which to improve exercise routines to target specific muscle groups for individual sporting codes. Injury prevention is important both on and off the sports field and we can set up safe training programmes which will help prevent injury and keep your staff feeling their best so they can focus their energy on work responsibilities. Your corporate team will be unbeatable!

TREATMENT AND ACC

We can treat all injuries covered by ACC without a referral from your GP.



Active Physio on the sports field... cont.



RUNNERS CHALLENGE

The Runners Challenge is a Health Management Plan designed to coach you through the achievement of your running goals, whatever your level. Our skilled & experienced physiotherapists can identify potential sources of injury and tailor an exercise routine specifically designed to help correct these risk factors.

PRE-SKI PACKAGE

Are you planning to ski or snowboard this season, but feel tired and unfit? We can help to build your fitness and muscle condition prior to the ski-season which will allow you to enjoy your time on the slopes without experiencing the injuries that often result from poor preparation. Our physiotherapists know how to identify and correct these injury risk factors.

GET ACTIVE PACKAGE

Want to get fit and optimise your health but don't know where to start? We can help. The Get Active Package will take you from zero to hero in 6-12 weeks. We will help you to maximise your energy levels and well-being by following a simple daily exercise routine designed to fit easily into even the busiest lifestyle.

