

PHYSIO4ALL

revitalise – bounce – be healthy

PHYSIO4ALL'S Breakout Session

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Steve Felsher – Principal Physiotherapist – Work Cover Approved

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PHYSIO4ALL'S Spinal Breakout session is a really fun, informative and interactive hour presented to your work group by our specialist physiotherapist during a day seminar, conference or can be used as a team building exercise. Most people have had a back problem at some stage of their life and therefore the delivery and discussion on the “5 stages of spinal breakdown”, the effects of poor posture and prolonged sitting as well as some useful information on spinal care and exercise is a topic well worth investing in.

Why choose PHYSIO4ALL'S Breakout session:

- Informative overview on posture and back pain
- Interactive session with great take home exercises & techniques
- Excellent Team Building session
- Fun and easy to follow session
- Presented by highly skilled and experience physiotherapists
- Convenient locations
- Flexible times

What are the benefits?

- Excellent break from work sessions and prolonged periods of sitting
- Relaxing and stress relieving
- Great fun with easy to follow exercises
- Spinal exercises experienced by all participants
- Excellent take home information & advice on back care
- Introduction to the use of the Spinal Backblock
- Team building ideas unique in using both the body and mind

Time: Session will run for 1 hour

Investment: POA and dependant on group numbers and sessions

For any further information please feel free to call us on 9922 2212. We look forward to hearing from you.

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