

PHYSIO4ALL

revitalise – bounce – be healthy

PHYSIO4ALL'S Posture Seminar

Shop No. P16, NorthPoint, 100 Miller St.

North Sydney, NSW – 2060

T – (02) 99222212 F – (02) 99225577

W www.physio4all.com.au ; E: info@physio4all.com.au

Steve Felsher – Principal Physiotherapist – Work Cover Approved

Corey Iskenderian – Physiotherapist – Work Cover Approved

Dani Salomon – Physiotherapist – Work Cover Approved

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PHYSIO4ALL'S Posture Seminar is an informative and interactive hour presented to your work group or employees by our highly trained physiotherapists. Almost 80% of the population have experienced back pain at some stage of their life and this is usually coupled with poor posture and prolonged sitting. The Posture Seminar will inform your employees on poor postural habits and their consequences, factors that contribute to poor posture, correcting poor posture by enhancing body awareness, benefits of good posture and some useful information and tips on spinal care, exercise and ergonomics. All participants will be given an easy to follow booklet which will give them the on-going reference to some useful tools which may help manage and maintain good spinal health.

Why choose PHYSIO4ALL'S Posture Seminar:

- Informative overview on spinal dysfunction and it's relationship to poor posture
- Evidence based information on back pain
- Current trends in the management of back pain
- Informative and interactive session with great take home exercises and ergonomic tips
- Fun and easy to follow setting
- Presented by highly skilled and experienced physiotherapists
- Convenient locations
- Flexible times

What are the benefits?

- Excellent breakaway session from work
- Stress relief and management
- Fun and easy to follow exercises
- Useful tips on postural corrective techniques
- Spinal exercises experienced by all participants
- Excellent take home information & advice on back care
- Introduction to the use of the Spinal Backblock

Time: Session will run for 1 hour

Investment: POA and dependant on group size and number of 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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