

PHYSIO4ALL

revitalise – bounce – be healthy

PHYSIO4ALL'S Spinal Screening

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PHYSIO4ALL'S Spinal Screening is a 15 minute spinal postural screening assessment offered by our highly skilled and experienced spinal physiotherapists. PHYSIO4ALL screening procedures are evidence based, private and non-invasive. 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. PHYSIO4ALL staff will inform your employees on any structural and or postural dysfunction. We will also advice on poor postural habits and their consequences, factors that contribute to poor posture, ideas on 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 Spinal Screening Assessment Report which will give them reference to their existing spinal condition and some useful tips which may help manage and maintain good spinal health. A general report and overview outlining the existing spinal health of the company will be given to the appropriate personnel without abusing any employee's privacy.

Why choose PHYSIO4ALL'S Spinal Screening:

- Screening carried out by highly skilled spinal physiotherapists
- Evidence based spinal screening techniques
- 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 screening with great take home exercises and ergonomic tips
- Private and non-invasive assessments
- Individual easy to follow spinal report given to all employees
- Group spinal report given to company
- 15 minute assessments
- Convenient locations
- Flexible times

What are the benefits?

- Excellent educational opportunity for employees to get a good understanding of their spine
- Useful tips on postural corrective techniques
- Useful tips on spinal exercise, ergonomics and spinal health
- Excellent take home information & advice on spinal back care
- Useful tool for company's to understand how many employees have spinal problems

Time: Each Spinal Screening will take 15 minutes

Investment: POA and dependant on group size and number of screenings to be done.

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

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