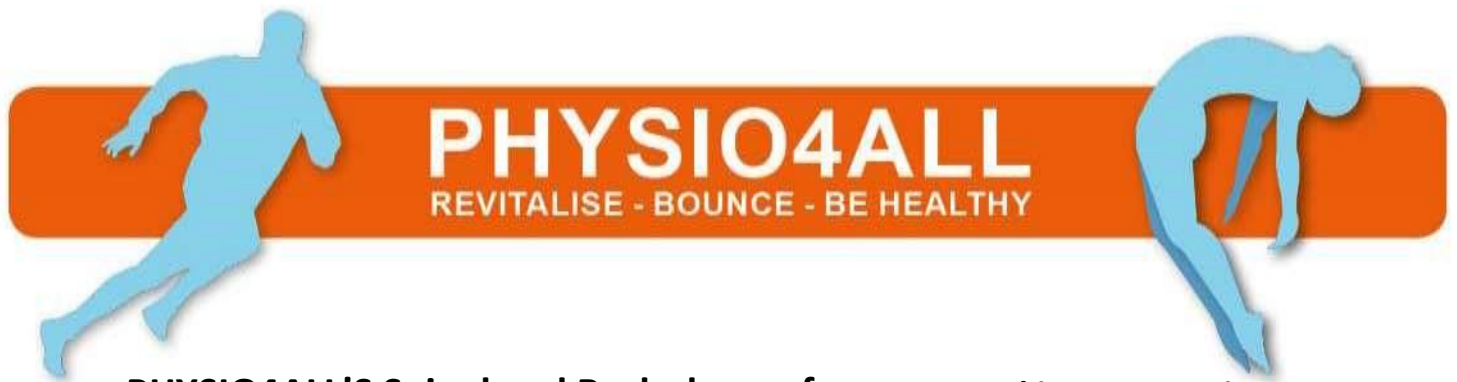




SPINAL AND BACK CLASSES



PHYSIO4ALL'S Spinal and Back classes focus on, and improve various areas, including:

- greater "core" stability
- improved muscle strength and tone
- improved posture and postural awareness
- improved flexibility
- relief from neck, back and joint pain
- increased joint mobility
- lower stress levels
- a flatter stomach and trimmer waist
- more efficient respiratory, lymphatic and circulatory systems



Benefits for the Workplace

- Reduces injury and accident rates
- Increases productivity and performance
- Improves team building
- Reduces absenteeism
- Reduces attrition rate
- Improves morale
- Improves well-being and personal development

At PHYSIO4ALL, we believe that good health is intrinsic to a good life.



Spinal and Back Classes

At PHYSIO4ALL, we offer a Spinal and Back program that can be **specifically designed** for your office environment and the employees involved. Classes will be instructed by our **physiotherapists**, who are both trained and qualified in spinal and exercise therapy, and who can meet the individual needs of your employees.

All classes will be 45 minutes and held a minimum of once per week for 12 weeks. Classes will incorporate spinal exercise techniques that will help in spinal regeneration and function, and improve overall posture and relaxation. A physiotherapy **screening questionnaire** is also provided, so as to cater for any particular individual's needs and to prevent injury.

Why choose PHYSIO4ALL's Spinal Back Classes?

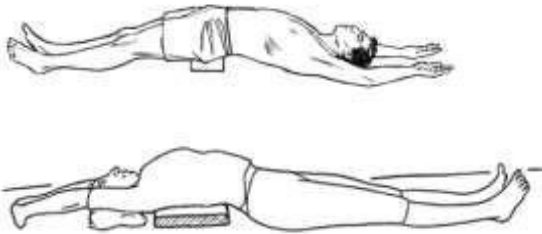
- Classes uniquely formatted
- Classes for all ages and fitness levels
- All exercises are research based
- Safe and easy to follow exercises
- Small group sessions
- Individual attention
- Instruction by highly skilled physiotherapists
- Classes held on your premises therefore convenient
- Affordable and easy payment options
- Health Fund Rebates Available**

****Health Fund Rebates Apply for participants who have private health cover for group physiotherapy**

Investment: POA - dependent on group size



Participants will need to purchase a spinal backblock from PHYSIO4ALL. These will be provided for \$12 each and may be taken home at the end of the program. The spinal backblocks are used extensively in the program to help decompress the spine as shown in the pictures below.



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