

Corporate Services

London City Physiotherapy - creating a healthy work place

Occupational Physiotherapy Clinics

London City Physiotherapy Occupational Physiotherapists are experienced specialists in managing musculo-skeletal disorders caused or aggravated by the work place. Our on-site service enables easy access to treatment which will create a speedy recovery. Appropriate treatment is vital in preventing chronicity or recurrence of a condition and can expedite employee return to work, thus reducing employer costs.

Stress-related conditions and musculo-skeletal disorders are now the most common reported causes of sickness absence from work in the U.K. Sickness absence costs U.K employers around £12.2 billion each year. Between 2% and 16% of the annual UK salary bill is spent on sickness absence.

Faculty of Occupational Medicine 2006

Clinical Pilates one on one or group classes

Good posture, muscle strength and flexibility alongside general fitness can be the key to avoiding a significant number of musculo-skeletal disorders in the office and other working environments. Pilates, unlike other forms of exercise is a total conditioning programme that works on your body from the inside out by focussing on the core muscles, notably in the abdomen, back and pelvic girdle region. Pilates works on strengthening, lengthening and toning the muscles as well as improving posture and balance. One to one and group classes are offered from an experienced Clinical Pilates consultant.

Seated Massage

A simple, cost effective way to relieve stress, improve employee morale, increase productivity and show staff you care.

- Given by a professional ITEC qualified massage practitioner.
- Lasts, on average 10-30 minutes, uses no oil and takes place with the employee fully clothed.
- Usually targets the head, neck, shoulders, back, arms and hands and can be adapted to special needs.
- Leaves the employee feeling relaxed, energised and ready to return to work.
- Can also be tailored to include individual profiling which will enable advice on lifestyle, posture habits and wellbeing.

Workstation Assessment and Ergonomics

Optimising the individuals working environment beyond health and safety standards can minimise the likelihood of musculo-skeletal problems caused by poor working practice. London City Physiotherapy provides on-site assessment and training by a Chartered Physiotherapist/ Ergonomist. The service includes individual workstation assessments, group workstation and posture advice presentations.

Health Promotion Talks

Be pro-active not reactive! London City Physiotherapy currently assists its clients to raise awareness and promote the health of their work force by providing experienced Chartered Physiotherapists and Stress Management Consultants to present a range of topics.

- **Keeping an eye on good posture.** How to prevent work related musculo-skeletal disorders by being aware of good posture, working patterns and simple effective stretching and strengthening exercises. To include how to get the best out of your chair, setting it up correctly and how to use the functions.
- **Stress busting.** Designed to improve an employee's awareness and approach to lifestyle habits including, exercise, sleeping patterns and time management.
- **Work Related Upper Limb Disorders (WRULD's).** Discussion of types of conditions and their cumulative nature. How to prevent and manage WRULD's in the office environment.
- **Back On Track - Managing back pain.** To include back care advice and demonstration of exercises.

