

Working-together Osteopathy back care



Osteopathy &
Sports Injury Clinic

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Welcome to Body Back-Up

Body Back-Up is an Osteopathic Consultancy Service which specialises in back pain and other muscular-skeletal injuries.

We offer busy working people a modern and professional approach to treating back problems.

Body Back-Up provides a service and advice to the well motivated working population who **cannot afford** to be out of action.

Body Back-Up Osteopaths can assess your body's "functional fitness" and advise you the best way to keep active whilst not putting your body under strain.

We can prescribe specialised flex-a-stretch remedial exercises which are tailored to the individual needs. Or treatment when appropriate.

Excellent professional care and advice can go a long way towards helping you and your team.

Don't let back pain stop your workforce.

Robin Lansman DO

Practice Principal &
Director Body Back-Up

Good Health is good business

Are you a company who wants to look after your employees, preventing them from injury in the workplace?

Are you a busy person who works hard and also has "keeping fit" high on your agenda?

Where you aware that every year there are eleven million working days being lost due to back pain? The common causes are bad posture while sitting at a desk, lifting items and even driving.

The acknowledgment of back pain and RSI (repetitive strain injury) is of utmost importance when dealing with employees, preventing injuries in the workplace is a priority.

Body Back-Up can provide a win win solution for both the employee and the employer.



A helping hand for Employees

Trying to accommodate the needs and problems of staff members is difficult for all HR departments.

Staff morale and productivity depends largely on how they are feeling.

Many companies over the last few years have invested in new workstations designed to fulfil the guidelines set down in regulations, however, many employees do not fall exactly into the VDU "user" category.



Even with carefully considered adjustments to workflow and seating they still suffer from back pain

It is unfortunate that not all individuals "take to" the new set up or their outside activities do not mix well with their job comfort.

The end result is suffering but with no apparent solution.

These cases are just what Body Back-Up may be able to help resolve.

"Work Life Balance"

Being in pain has a bad effect on all aspects of life. Helping your employees to address these issues will help them to deal better with all aspects of work, rest & play.

We treat sports injuries as well as work related issues

Onsite Seminars

We can offer a lunchtime seminar for up to fifteen people.

These last for thirty to forty minutes with Q & A sessions.

During this seminar we help you & your staff improve your understanding of your body mechanics. We will . . .

- Introduce you to the Body Back-Up approach.
- Describe how the muscles & joints of your body work.
- Help you to balance your daily life.
- Prevention!
- Have a group discussion to enable you to share experiences with colleagues.

One to one sessions

Individuals can book a one to one personal consultation lasting 10 - 15 minutes with one of our Osteopaths.

Helping your employees

Using "Bodymaps" we identify any areas of pain / stiffness they feel.

We make recommendations, when needed, on how to adjust seating or their workstation area to suit their body better.

Want to save money?

- You may be replacing furniture unnecessarily.
- We can offer help choosing what is right for your needs.

Get it right first time, every time!

Corporate Vouchers

We offer preferential rates for the pre-purchase of treatment vouchers - a useful & caring incentive for a healthy workforce.

To find out more about our Voucher Scheme contact

practice@bodybackup.co.uk

Health Insurance

The majority of Corporate Health Insurance Companies now cover Osteopathic treatment
PPP, BUPA, HSA etc

www.bodybackup.co.uk

Info112 V9 (13.11.08)

For appointments call 01628 624544 or 020 8969 0247
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