

Sit Right Workshop

On-site Postural Education & Correction



fifth ave physiotherapy

Fifth Ave Physiotherapy offers

- 50 minute on-site workshop that can teach your employees the secrets to avoiding, or reducing, the chronic low back pain associated with sedentary work
- Small group ensures every participant gets hands-on attention and training. This group size also allows flexibility when choosing a venue, *a typical boardroom works perfectly*
- Fun, dynamic, and interactive workshop where everyone participates and leaves knowing how to reduce back pain at work, in the car and at home

Reduce workplace injuries, time loss due to injury and improve your company's safety record

- Sedentary workers have a *higher* odds ratio of low back injury than workers participating in heavy physical work (Thorbjornsson et al. *Spine* 2000)
- 26% of time-lost injuries in Alberta were due to back injuries in 2005
- WCB's *Worksafe™* Awards consistently recognize comprehensive employee training programs as a major factor in improved workplace safety

The "Sit Right" difference

- MORE THAN ERGONOMICS – The research supporting ergonomics in the reduction of chronic low back pain is conflicting, find out what's missing
- MORE THAN JUST A LECTURE – Each participant will be assessed and given individual advice by a Physical therapist with 8 years experience treating postural dysfunctions
- BACK PAIN, NECK PAIN & REPETITIVE STRAIN – The major common risk factors for all of these conditions can be explained and *corrected*



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