

LDN • PHYSIO

CORPORATE SERVICES

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Contact us at hello@ldnphysio.co.uk



POP-UP WORKSHOPS & DROP-IN CLINICS

Let's get to know each other!

At LDN PHYSIO, we love to showcase our services to new companies and businesses. The easiest way to do this is often to start with a pop-up workshop or drop-in clinic.

Our team of qualified and fully insured physiotherapists and health & fitness professionals will be available to answer any questions and provide a range of services all geared towards making sure your staff perform at their best.

Pop-up workshops

The services provided in those workshops can be tailored to any company and for any duration. Our standard workshop is a free two-hour workshop where our team is available on-site to answer health & fitness questions, do quick consults, provide health & fitness advice and hand out discount to your employees.

Pop-up Physio & Sports Massage drop-in clinics

We can also run one-off pop-up clinics (Physiotherapy and Sports Massage) where your staff can drop in for a full assessment and treatment session with our therapists. We're usually present on-site for half a day or a full day. We allow flexible payment plan (companies can pay in full, part-subsidise or employees can pay in full).

Send us an email at hello@ldnphysio.co.uk and we can discuss what would be best for your company.



ON-SITE PHYSIOTHERAPY

Save time and add value to your business

As physiotherapists, we're the best equipped to understand the strains and stress placed on your workforce. Our on-site physiotherapy service will become a key part of your absence management toolkit but will also contribute to great staff satisfaction. Businesses we work with see a gradual decline in absenteeism rates for musculoskeletal issues and staff is a lot more proactive in sorting out smaller ailments preventing them from becoming a more long term problem that leads to time off work.

Our in-house physiotherapy service enables rapid, immediate, effective care as soon as problems arise. And it doesn't have to be work-related – we can also see you staff for injuries caused outside of work, such as sporting injuries. No need to take time off to travel to appointments, wait on a GP referral and NHS waiting lists.

You may have other big healthcare company names in mind when you think of on-site physiotherapy. At LDN PHYSIO we focus on working with small and medium-size businesses, and we think our flexibility is key to provide this service. On-site clinics can be a half-day a week, a day a month or even on an ad-hoc basis – whatever your needs and budget, **we'll work around you.**

What your on-site physio can help you with:

- Pre-injury screening and injury risk assessment
- Injury and re-injury prevention
- Injury diagnosis, management, treatment and rehabilitation
- Gait Analysis
- Postural correction, education and advice
- Sports technique development
- Performance development and optimisation
- Pre- and post- injury management and rehabilitation
- Pregnancy pain
- Work related pain and injury
- Chronic pain and injury

Example: Ad-hoc ½ day rate for 1 Physiotherapist up to 15 staff (5 hours). This service is tailored to you and your business, please contact us for a more accurate quote.



OFFICE MASSAGE

Does your workforce need revitalising?

We can provide office massages on an ad-hoc basis, or regular sessions can be arranged on a monthly, fortnightly, or weekly basis. Treatments are 15 or 30 minutes each and our minimum call out is 2 hours. Our professional massage therapists bring everything they need for the treatments including portable massage tables.

Office massage

Our office massage is a 15 minute fully clothed stress-busting treatment focusing on the back, neck and shoulder areas to help relieve any tension on those stressed "work-at-desk-all-day" spots and leaving staff feeling relaxed yet refreshed.

On site time: 2 hours minimum (15 mins per user, up to 4 staff members per hour)

Sports massage

For a longer massage, we can focus on any specific area. We advise wearing sports clothes for this (such as shorts and vest top).

On site time: 2 hours minimum (30 mins per user, up to 2 staff members per hour)

A photograph of a man with a beard looking at a plant in a vase. He is wearing a dark t-shirt with a graphic that says 'BORN TO...'. In the background, another person is visible, and there's a table with a glass bottle. The text 'HEALTH SEMINARS / HEALTH DAYS' is overlaid in large, bold, green letters.

HEALTH SEMINARS / HEALTH DAYS

A healthy company is a happy company!

Stats show that the return on investment for some workplace health initiatives ranges from £2 for every £1 spent (1:2) to £34 for every £1 spent (1:34) mainly due to their positive impact on presenteeism and absenteeism.

Health awareness programmes are another great example. Their goal is to create a culture where employees choose to live a healthier lifestyle, rather than being forced to do so. Which in turns boosts productivity. Wellness works best when the experience is a shared one either through communal goals or — taking the opposite approach — creating healthy competition!

Some companies like to run a Health Day per year, some a whole Health Week. Sometimes it's run on a certain date (eg: 7th April, World Health Day), sometimes as a one-off. Whatever the reason for it, we can work with you to build the perfect event for your workforce and your budget.

We provide the flexibility and choice to offer a wide range of activities without the need to work with lots of different suppliers; from mindfulness workshops, to nutrition courses, to fitness classes or keynote speeches. We can also provide one-to-one physiotherapy assessments and treatments and build an on-site clinic for the day!

Just send us an email at hello@ldnphysio.co.uk with what you have in mind and we'll take it from there!



WORKSTATION ASSESSMENTS

Are you DSE-compliant?

Display Screen Equipment (DSE) is any work equipment having a screen that displays information. Surveys have found that high proportions of DSE workers report aches, pains or eye discomfort. *The Health and Safety (Display Screen Equipment) Regulations* aim to protect the health of people who work with DSE and make these assessments mandatory.

Many businesses are still unfamiliar with their obligations - at LDN PHYSIO we're here to ensure you are familiar with your responsibilities. We'll let you know whether your DSE workstations meet the legal requirements laid out in *The Health and Safety (Display Screen Equipment) Regulations 1992*.

It's important for workstations to comply with the regulations - not only to fulfil legal obligations, but to help employees work effectively by preventing costly and debilitating health problems.

But our work doesn't stop here. We're not just here to tick legislative boxes, but to make sure your employees feel comfortable and are able to be productive while they work. And that's where our experience as Physiotherapists comes into play. Whereas a DSE Assessor or Ergonomist would stop here - we'll be going the extra way and provide physio advice and treatment when required.

Did you know? An ACPOHE Occupational Physiotherapist typically can produce a return on investment for an organisation of £3 for every £1 spent (up to 10/1)

Business benefits

- Reduced risk of absenteeism/presenteeism
- Application of the Health and Safety Executive DSE Regulations, Ergonomic standards.
- Increase workplace productivity
- Improve wellbeing.
- An experienced Physiotherapist and DSE assessor to assess your workstation and provide suitable guidance and adjustments on-site.
- Assist in equipment selection and task design

Display Screen Equipment (DSE) compliance review

This is a basic review of the workstation to ensure the staff member is using their office equipment correctly. We'll make adjustments when needed and also provide quick physio advice on ways to prevent pain / deal with any current symptoms. A short review of what was discussed and any adjustments made can be emailed to the staff member and/or the employer if needed. This can be carried out for one staff member, or up to 12 in a day.

On site time: 30mins per user
Report writing: 0
Total hours work: 30mins per user

Full Display Screen Equipment (DSE) assessment

This is a 60min one-to-one session, ideal for employees experiencing discomfort or musculoskeletal issues. Our physio will carry out an interview with the staff member to gain understanding of the issues first, then will perform an in-depth workstation assessment.

A detailed report with recommendations will be provided, with photos and measurements where necessary, and we'll perform a phone review in 4-6 weeks to see whether adjustments have been beneficial. All DSE reports are easy to understand with realistic recommendations. We aim to modify already existing equipment / working practice first. Where adjustments are not beneficial we will recommend equipment if appropriate.

Unique assessment

On site time: 1hr per user
Report writing: 1hr
Total hours work: 2hrs per user

Half-day: Up to 4 assessments

On site time: 4hrs (1hr per user)
Report writing: 4hrs (1hr per user)
Total hours work: 8hrs (2hrs per user)

Full-day: up to 7 assessments

On site time: 7hrs (1hr per user)
Report writing: 7hrs (1hr per user)
Total hours work: 14hrs (2hrs per user)

All times are estimates – we may need to spend a bit more time with your staff in some cases. The price remains the same.



ERGONOMIC SEMINARS

Is your team up-to-date?

We can deliver this seminar to all your staff, your managers and/or Health & Safety reps. It's a great way to increase your staff awareness of ergonomic risk factors and how to reduce them. We can also deliver these as part of your on-going induction for new staff members or in your yearly Health Day / Week (contact us for on-going contract as our price will differ).

Ergonomic Awareness Seminar

What your staff will get in the seminar:

- Recognising risk factors related to musculoskeletal disorders
- Understanding importance of varying work postures
- Knowledge of how to rearrange the workstation to maximise comfort zones
- Recognising and understanding visual issues in the office environment
- Reducing visual discomfort
- Understanding computing habits ie rest breaks
- Knowing how to change work-rest patterns
- Knowledge of company's existing health and ergonomics programmes
- Knowing how to obtain equipment / support
- Physio advice and exercises to perform at work
- A LDN PHYSIO Ergo Pack sent via email to each user

On site time: 1hr per session + 1hr for questions and individual advice

Total hours work: 2hrs per session



CORPORATE DISCOUNTS AT OUR CLINIC

Get corporate discount for your staff on all our services and packages at our clinic (-15%)

Whether you're looking to prepare for a sporting event or recover from a ski trip, or you have suffered from an injury and want to bypass NHS waiting lists, we provide a whole range of services at our clinic which you and your staff can benefit from.

As well as standard physiotherapy and sports massage sessions, we offer corporate discounts on:

PHYSIO MULTI-SESSION PACKAGES: 3, 5 and 10-session packages.

SPORTS MASSAGE MULTI-SESSION PACKGES: 3, 5 and 10-session packages.

BODY MOT PACKAGE: 1 assessment session, 2 rehab / corrective sessions, on-going support.

MARATHON PREP PACKAGE: 1 initial consultation + comprehensive running assessment, 4 rehabilitation sessions, 2 sports massage sessions, 1 detailed training programme specific to the race, on-going support.

SKI RECOVERY PACKAGE: 1 initial consultation, 2 rehabilitation sessions or sports, on-going support.

Find out more about all our packages at:

<https://www.ldnphysio.co.uk/packages>

You'll find our clinic in a few minutes from Hackney Central and Homerton stations:

LDN PHYSIO
at The Refinery
14 Collent Street
London E9 6SG

3 (other) reasons why you should choose us:

- **We're Physios!** We're healthcare professionals, not just ergonomics consultants: we're not only able to provide advice on equipment, we can also advise on ways to manage pain in the workplace and actually provide **treatment**. We won't leave you hanging!
 - **We're DSE Assessors** from the ACPOHE (Association of Chartered Physiotherapists in Occupational Health and Ergonomics)
 - **We've got experience across multiple organisations and sectors** including finance, healthcare, sports and start-ups.
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Sounds good? Any queries? Let's have a chat!

Email us at hello@ldnphysio.co.uk to get started.

The *LDN PHYSIO* Team

