

CORPORATE

HEALTH PACKAGES



QUEEN STREET PHYSIOTHERAPY
PODIATRY • MASSAGE

Sweat now.
Shine later.

QUEEN STREET PHYSIOTHERAPY CORPORATE HEALTH PACKAGES

Gone are the days of fitness challenges that shock and injure the body. Queen Street Physiotherapy has partnered with personal training company BizFit and Stretch Yoga Brisbane to deliver the most innovative corporate health packages available!

As experienced health care professionals, the Queen Street Physiotherapy team understands the need for a balanced fitness and treatment regime. Our packages have been specifically created to provide a balance between physical challenge and treatment in order to support the most effective and beneficial health journey.

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PACKAGE INCLUSIONS EXPLAINED

PHYSIOTHERAPY, PODIATRY, REMEDIAL AND SPORTS MASSAGE with *QUEEN STREET PHYSIOTHERAPY*

The initial physiotherapy treatment session will involve a comprehensive musculoskeletal assessment performed by one of our highly qualified physiotherapists. This measure is designed to identify potential risk areas in the muscular and skeletal condition prior to exercise. Ultimately, this reduces the risk of injury and identifies areas that are subject to failure. Our physiotherapists will provide a written recommendation regarding further treatment and management of areas that they identify as potential risks.

An initial podiatry treatment session will involve a biomechanical assessment performed by our highly experienced podiatrist. Video and gait analysis may also be conducted to identify lower limb use and its effect on posture and movement. Our podiatrist is also able to prescribe and manufacture custom fit orthotics to correct gait.

The remaining physiotherapy or podiatry treatment sessions will focus on injury prevention, strengthening or treatment of previous, reoccurring issues.

Remedial and sports massage is performed by our highly qualified and experienced therapists who work with patients to release muscle tension through a variety of techniques including trigger point therapy and deep tissue massage. This treatment can assist in relieving pain and promote the healing of damaged tendons and muscles.

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8 WEEK GROUP FITNESS CHALLENGE with *BIZFIT*

Group fitness sessions will be run by personal training company BizFit in the Brisbane Botanic Gardens with a minimum of two trainers. The intensity and type of training will be based on the general fitness levels and experience of participants. In the first session a fitness assessment will be conducted consisting of a beep test and strength testing in exercises including lunges, squats, push-ups and sit-ups. This is a way for the trainers to gauge fitness and technique levels of the group.

Sessions incorporate both cardio and weighted exercises including boxing, upper and lower body strengthening and core stability. Throughout the sessions, both personal trainers will carefully examine and critique technique and will suggest potential alternatives to ensure everyone gets the best results from the workout.

The exercises and style of the session will vary each week. Exercises are often completed in pairs and teams creating an excellent bonding and team building environment. A final assessment will be completed in the last session so everyone can see their progress from the 8 week challenge!

YOGA with *STRETCH YOGA BRISBANE*

Yoga sessions are run by Stretch Yoga in the Brisbane CBD. Stretch Yoga prides themselves on making yoga more accessible, and has designed their CBD studio to feel more like home.

Stretch yoga offers a range of different classes for every skill level and desired outcome. For beginners, the class Simple Stretch is recommended. This class is based on traditional Hatha Yoga and is perfect for all skill levels. The class comprises simple poses and is run at a slow pace to allow for depth of breath. Their Deep Stretch class follows Yin Yoga where stretches are held for a long period of time (up to 5 minutes) to really open up through tendons and ligaments. For something more physically challenging and technical, Flowing Stretch follows Vin Yasa yoga techniques and definitely helps you build up a sweat!

For each pose in each class, instructors critique and assist participants and provide options for each sequence. The benefits of yoga include stress relief, increased focus, increased blood flow and flexibility – not to mention an improvement in happiness levels!

PACKAGE OPTIONS SUMMARY

Queen Street Physiotherapy has specifically designed five different corporate health packages to provide you with the best inclusions for your team.

1 Classic Health

Kick-start your workplace's fitness journey with our simple, yet balanced *Classic Health* pack, consisting of an 8 week fitness challenge & weekly individual treatment.

2 Fitness Fanatic

To increase the sweat time in your work week, choose our *Fitness Fanatic* pack, with an 8 week challenge consisting of two weekly workouts, plus weekly individual health treatments.

3 Relax & Rejuvenate

Our *Relax & Rejuvenate* pack will reduce stress & negativity, with a weekly yoga session plus an individual weekly remedial massage to keep your team feeling their best!

4 Active Starter

The *Active Starter* will introduce your workplace to the fitness, relaxation & remedy components of a healthy lifestyle. This pack includes an 8 week challenge, weekly yoga session plus individual health treatments.

5 Sweat & Stretch

To benefit from both fitness, yoga and extensive health treatments, choose the *Sweat & Stretch* pack. Includes weekly yoga & an 8 week fitness challenge - but the health inclusions are what makes this pack really stand out, with weekly individual treatments plus massages!

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CONTACT US

PLEASE CONTACT US FOR MORE INFORMATION AND PRICING



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