

Conditions affecting movement

Accidents or injury

- Broken bones and sprains
- Spinal injuries
- Repetitive strain injuries (OOS)
- Head/brain injuries

Breathing problems

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)

Developmental:

- Learning (Intellectual) Disability
- Developmental Delay
- Chromosomal Disorders eg Down Syndrome
- Dyspraxia
- Autism

Health and wellbeing:

- Diabetes and Obesity
- Heart attack and heart failure
- Pain, anxiety and stress

Joint and bone conditions

- Arthritis
- Brittle bones (Osteoporosis)

Muscle or coordination problems

- Stroke (CVA)
- Parkinson's
- Multiple Sclerosis (MS)
- Dementia
- Motor Neurone Disease
- Huntington's
- Muscular Dystrophy
- Cerebral Palsy

Therapy Professionals Physiotherapists

Our therapists work with the elderly, adults, and children who have a disability, injury or illness. Their special interests are learning (intellectual) and/or physical disabilities.

We can work closely with:

- families/whanu
- caregivers
- our team of Speech Language, Music and Occupational Therapists, and Dietitians
- other professionals
- workplaces, employers and schools

We support organisations by providing:

- staff training eg Moving and Handling
- therapists on contract
- documentation systems
- Physiotherapy Assistant supervision
- advice on workplace safety and equipment
- assistance to develop moving & handling and mobility policies and procedures

*Allied Health Sector Standards (NZS8175)
certification in progress*

We can help.

Contact us now

03 377 5280

We come to you.

Therapy wherever you live, work, play or learn



**Physio, Speech Language, Music,
Occupational Therapists
and Dietitians**

Having trouble moving?

Physiotherapy

**You don't have to struggle alone.
We can help.
We come to you.**

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Physiotherapists

- help you maintain or improve your body movement and posture through exercise, positioning, and pain management.
- understand how ageing, disability, injury or illness can affect how your body moves.

Our Physiotherapists are:

- registered under an Act of Parliament
- educated, knowledgeable and have the skills to help you
- up to date with the latest trends and research
- Ministry of Education Specialists
- ACC registered
- Enable accredited equipment assessors – *government funded equipment scheme*
- skilled in working with children, adults and older people.

They follow a Code of Ethics.

For more information on Physiotherapy

<http://www.physiotherapy.org.nz>

<http://www.physioboard.org.nz>

Having problems with

- mobility eg walking
- getting in and out of:
 - chairs
 - cars
 - baths
 - showers
- getting on and off toilets
- getting up and down steps
- falls or fear of falling
- stiff, painful joints and muscles
- weak muscles
- poorly functioning or paralysed arms and/or legs
- posture
- sitting or lying comfortably
- regaining strength or movement after surgery, injury or illness
- breathing, relaxation and stress management
- choosing equipment eg walker, wheelchair, lounge chair, mobility scooter
- workplace tasks

We can help

Our Physiotherapists will give practical solutions, such as:

- advice on how best to move or position your body
- use of equipment
- individual or group exercise

They will advise on preventing injury due to:

- falls
- repetitive tasks
- poor posture
- poor home and workplace design
- lack of movement
- reduced strength
- poor mobility

With you, and those supporting you, they will:

- tailor a plan for you and help you put it into action
- review plan if required
- recommend equipment and its funding

Therapy wherever you live, work, play or learn