

Quinntessential

S P O R T S T H E R A P Y

At the workplace | www.mqst.co.uk



INJURY TREATMENT

- Rehabilitation
- Deep Tissue Massage
- Injury Prehabilitation

All without leaving the office!

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Injury prevention and therapy treatments at work... ...the **Quinntessential** way

Stress and tension at work is becoming more prevalent as we strive to compete in an increasingly challenging work environment. Over 17.5 million working days are lost each year in the UK with workers being absent due to stress or musculoskeletal disorders. (HSE survey figures 2011/12)

Stress can lead to Headaches, back and neck pain and repetitive strain injuries

A lot of problems are due to the individuals' poor posture and biomechanical efficiency at their office workstation which can lead to time off work.



The solution is in two phases: first our fully qualified practitioner will carry out a brief assessment to examine the staff member involved, and highlight any hidden medical issues that need addressed, then advise or treat accordingly. If required we then carry out on site Physical therapy treatments to improve their conditions. This will encourage staff to sort their problems, without fear of taking time off to travel to doctors or physiotherapists, and will result in minor problems being treated before they become unmanageable.

The second phase is to set up a maintenance chair massage programme with a regular visit to manage the injuries and prevent any potential issues arising.

Most chair massages just massage no matter what, but with our fully qualified staff we can administer treatments and also look at the ergonomics of the work station and the individuals' biomechanics to give tailor made treatments and advice.

The short sessions also mean there is very little work time lost.

It is easy to set up and manage as the company assigns a person to liaise with us and set up the schedule. Designate a space for the therapist and the day runs with very little disruption.

“Let us sort the problem... before it becomes a problem.”

“Our added value service will treat the underlying cause of the problem and not just the symptoms”



A member of The Society of Sports Therapists, the lead professional body for Sports Therapists in the UK

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