



With winter upon us - the most likely time for contact sports injuries - now is the time to learn how to prepare muscles for the season ahead to prevent injury and improve performance.

PhysioFIRST in Elgin is your **“One Stop Shop”** to ease your pain and prevent injuries this winter.

After any acute back, neck or sports injury, it's crucial to seek treatment as quickly as possible and *with no need for a GP's referral*, immediate physiotherapy at physioFIRST is both accessible and affordable.

New owner, and principal Physiotherapist, Moira Johnston, along with colleague, Roger Main, have more than 60 years of collective experience behind them when it comes to injury treatment and pain management.

Both Moira and Roger have post graduate skills in osteopathic manipulation, acupuncture, kinesio taping and manual handling techniques.

With the winter sports season upon us - the most likely time for contact injuries - now is the time to seek their help to learn how to prepare muscles for the season to prevent injury and improve performance.

The practice is ACC accredited, and has various programmes which enable them to assist clients to return to work after an injury and/or surgery.

These include Physical Fitness, Functional Rehabilitation, and Stay at Work Programmes as well as Work Site assessments.

As an accredited member of the NZ Academy of Sport, physioFIRST is also able to offer Muscle Balance Assessments for elite athletes across all codes.

The clinic has its own fully equipped gymnasium onsite making supervised exercise therapy easy and convenient.

Dealing with a single provider will save physiotherapy clients time and money as well as ensuring consistent, quality care.

How can we help employers?

Changes to ACC levies mean businesses will soon be rewarded with lower levies, provided the work site has in place an effective accident prevention strategy. PhysioFIRST provides an array of tailored programmes to employers for injury prevention.

Their commercial clients include some of the largest most dynamic companies in the Gisborne region.

Former Commonwealth Games decathlete Roger also runs a Back School holding consecutive courses throughout the year using methods that are unique in New Zealand

Take advantage of physioFIRST's proven success in providing specialised spinal re-education clinics and learn prevention techniques for back and neck injuries, whether it be for yourself or for your business.

We can help you with:

- Sports injuries
- Back and neck pain
- Acupuncture
- Headaches and dizziness
- Taping and pre-game exercises

Injury Prevention and Rehabilitation

- ACC endorsed provider - you do not have to visit your doctor first
- We treat all types of injuries, back, neck, and sports, workplace or at home.
- We offer the latest technology in sports medicine, spinal manipulation and acupuncture.
- Personalised programmes for fitness, pain management and back education.

Physiotherapy Services - Elgin Shopping Centre

673 Childers Road. Gisborne

Phone/ Fax 06 867 0683 Email: info@physiofirst.co.nz

www.physiofirst.co.nz

