

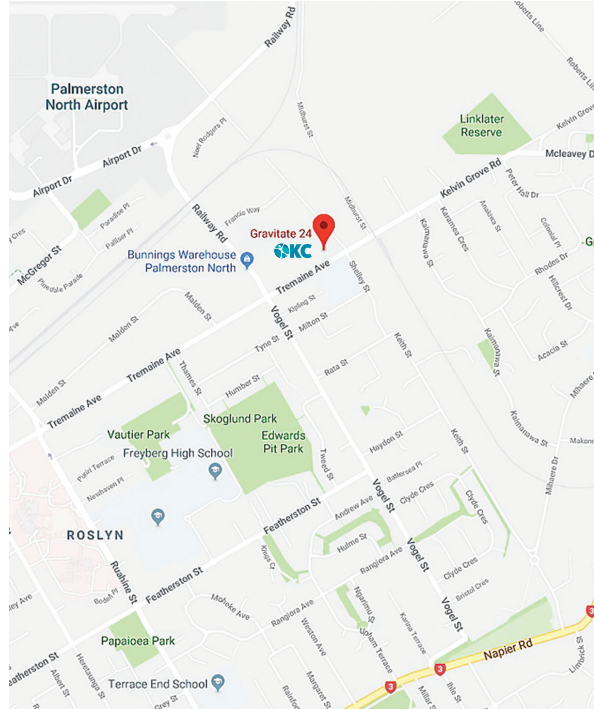
OraKinetics operates in collaboration with the MidCentral DHB, and the Central PHO providing advanced exercise reconditioning and health promotion services for the Manawatu community.

WHO WE ARE

Lukas and Sonja Dreyer, Clinical Exercise Physiologists (CEP) at OraKinetics Clinic are registered under the Clinical Physiology Board of New Zealand (CPRBNZ) and are healthcare professionals with over 50 years combined teaching and research experience.

Both have extensive practical experience in delivering worksite health promotion, pre- and post-surgical musculoskeletal rehabilitation, lifestyle and behavioural modification directed at the prevention and management of chronic metabolic, cardiovascular conditions like diabetes, cardiac, pulmonary and neurological conditions.

Ora in Maori means life/health and kinesis means physical movement. OraKinetics is born from these terms, meaning a *natural, responsive movement towards better health through manipulation of physical stimulus.*



www.orakinetics.co.nz



CORPORATE FITNESS & REHABILITATION



*Fitness is
good business*

Dr Lukas Dreyer

M 020 4065 6902 | E lukas@orakinetics.co.nz

Dr Sonja Dreyer

M 021 663 115 | E sonja@orakinetics.co.nz

OraKinetics offers specialised exercise programmes for individuals with medical or musculoskeletal conditions or injuries in a safe and supervised environment.

CORPORATE FITNESS & REHABILITATION

The OraKinetics Corporate Fitness & Rehabilitation is a high-quality, evidence-based health and fitness promotion initiative for large and small businesses.

The objectives of this programme are to:

- Provide employees with evidence-based health and lifestyle information so they can make informed lifestyle choices
- Deal with musculoskeletal issues that could impact on role-contribution at home and work
- Provide individualised exercise programmes and lifestyle advice for at-risk employees (e.g., hypertension, elevated cholesterol, weight loss, smoking, high-stress levels, metabolic syndrome, asthma and early-stage COPD)
- Help individuals recovering from surgery (e.g., hip and knee replacements) or managing immunological diseases (e.g., cancer, multiple sclerosis, chronic fatigue)
- Support employees who have limited exercise knowledge or with a health constraint to start and maintain safe and effective exercise habits
- Assist employers with workforce health screening and onsite health promotion activities

Eligible Companies/Participants

Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease and infirmity.

Approximately 65% of the population is struggling with some form of physical, mental or social well-being issue at any moment in time.

Employees with any of the conditions listed below (which are not funded by the DHB) can enroll in this programme:

- Recovering stroke patients
- Cancer (during and after medical treatment)
- Multiple sclerosis
- Immunological disorders (like chronic fatigue syndrome and fibromyalgia)
- Individuals who could benefit from a disease preventative care programme (e.g., overweight, high risk for cardiovascular disease or early-stage COPD)
- Pre-diabetic or metabolic syndrome
- Musculoskeletal injuries/problems (e.g., shoulder impingement, recurrent back and neck pain or knee and ankle problems that require ongoing supervised exercise training)
- Mental health (e.g., depression, anxiety and psychological distress)
- Arthritis/osteoporosis
- Chronic pain
- Pre- and post-surgery rehabilitation programmes (sports injuries as well as hip and knee replacement patients)

Multiple payment scenarios exist. Companies can consider fully funding employees or negotiate a dual-funding (where employees contribute a certain percentage) option with their employees.

Cost per employee will depend on the number of enrolments (e.g., the more employees the company enroll, the lower the cost per participant).

Pre- and post-programme assessment

All enrolments will undergo a pre- and post-training assessment involving completion of health questionnaires, a submaximal cycle exercise test (with an ECG) and other functional tests as required.

Exercise Programme and Monitored Exercise Sessions

Based on the results of the baseline assessment an exercise programme will be tailored around current fitness, personal health issues, and desired outcomes.

Exercise sessions will include:

- Flexibility, endurance and strength training
- Continuous supervision and monitoring of exercise responses
- Progression closely monitored and recorded
- Participant and physician (if needed) feedback after baseline testing and again after the 10-week re-testing

Participant Support

One of the most clearly established findings of health education research is that health-related information in isolation is rarely sufficient to initiate or maintain health-related practices.

This programme is accordingly more than just a health screening and awareness making programme. Participants receive tailored exercise programmes and ongoing support to foster active involvement in the transformation process.