

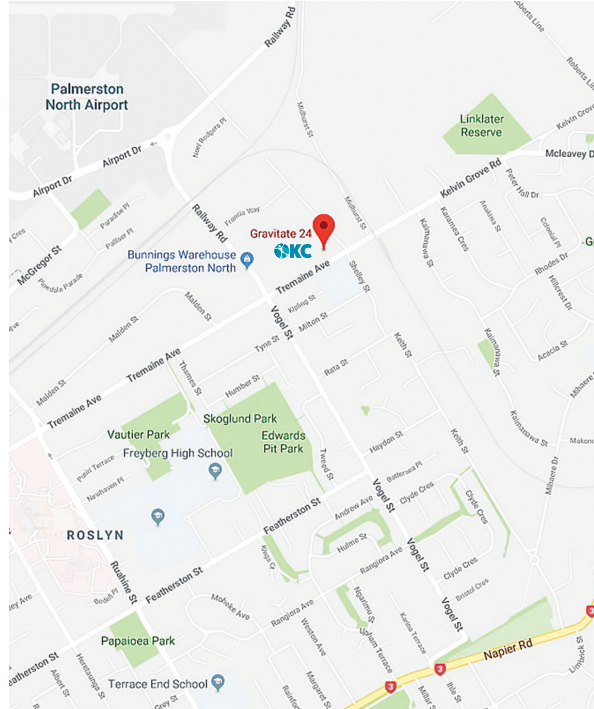
OraKinetics operates in collaboration with the MidCentral DHB, and the Central PHO providing advanced exercise reconditioning and health promotion services for the Manawatu community.

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



GENERAL HEALTH & RISK MANAGEMENT EXERCISE PROGRAMME



Life through movement

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

GENERAL HEALTH AND RISK MANAGEMENT EXERCISE PROGRAMME

The General Health And Risk Management Programme at OraKinetics is a supervised exercise programme designed to provide exercise training for individuals with health concerns but not yet eligible for DHB funding.

The objectives of this programme are to:

- Improve the functional ability (strength and cardiovascular fitness) of patients
- Provide individualised and supervised exercise in accordance with the patient's health profile and fitness needs
- Lower health and well-being risk factors such as elevated lipids, hypertension, and abnormal resting glucose levels
- Deal with musculoskeletal issues that could result in back pain or another joint discomfort
- Provide specific exercise rehabilitation programmes to help individuals recovering from surgery (e.g. hip and knee replacements) or managing immunological diseases (e.g. cancer, multiple sclerosis, chronic fatigue)
- Provide patient and family support, and develop basic knowledge of exercise to enhance exercise independence
- Promote positive lifestyle changes, including nutrition, weight loss, stress management and smoking cessation

Eligible Candidates

Individuals with conditions listed below (which are not funded by the DHB) can be referred or contact us for supervised exercise reconditioning at OraKinetics Clinic as private paying patients:

- Recovering stroke patients
- Cancer (during and after medical treatment)
- Multiple sclerosis
- Immunological disorders (like chronic fatigue syndrome and fibromyalgia)
- High risk requiring preventative care (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/depression and stress management
- Arthritis/osteoporosis
- Chronic pain
- Pre- and post-surgery rehabilitation programmes (sports injuries as well as hip and knee replacement patients)

Exercise Testing

All patients referred to the clinic will undergo a pre-training assessment involving completion of health questionnaires, a submaximal cycle exercise test (possibly with an ECG) and other functional tests as required.

Exercise Programme and Monitored Exercise Sessions

Based on the results from the exercise testing, and presence of other health/musculoskeletal conditions, an individualised exercise programme will be developed.

Exercise sessions are held twice per week for the 10-week programme. Each session will generally include:

- Flexibility, endurance and strength training
- Continuous supervision and monitoring of exercise responses
- Progression closely monitored and recorded
- Patient and physician feedback provided after baseline testing and again after the 10-week re-testing

Patient Monitoring

Heart rate, blood pressure, SaO₂ and 30 second ECG will be checked before, during and after each exercise session. This ensures each patient is both safe to undertake their exercise programme and that they have recovered as expected before leaving OraKinetics.