

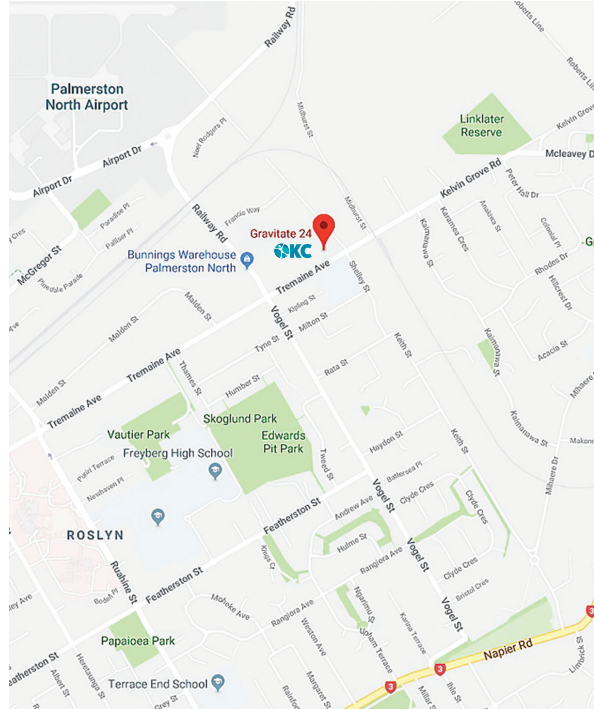
OraKinetics operates in collaboration with the MidCentral DHB, and the Central PHO providing advanced exercise reconditioning and health promotion services for the Manawatu community.

## 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](http://www.orakinetics.co.nz)



## MUSCULOSKELETAL REHABILITATION 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.

# MUSCULOSKELETAL REHABILITATION PROGRAMME

The OraKinetics Musculoskeletal Rehabilitation Programme provides corrective exercise prescription and training for individuals who have completed ACC funded treatment but who are either not ready to return-to-work/competitive sports or who need ongoing exercise support.

The objectives of this programme are to:

- Provide ongoing tailored strength, flexibility, and neuromuscular training after musculoskeletal medical care (e.g., surgery and physiotherapy)
- Utilise safe and evidence-based corrective exercise strategies to restore post-surgery and post-injury functionality
- Provide safe tailored corrective training for individuals with longstanding musculoskeletal problems (e.g., lower back pain, chronic pain, supraspinatus tendinitis)
- Identify and correct abnormal/faulty movement patterns with activation exercises
- Maintain and optimise the range of motion of joints (e.g., after hip or knee replacement surgery)
- Restore muscle strength imbalances, proprioception, and neuromuscular control of post-surgical patients (e.g., cruciate ligament repair, joint replacement)

## Eligible candidates

The following type of patients could benefit in particular from our ongoing supervised musculoskeletal rehabilitation programme:

- Pre-surgery patients to enhance post-surgery recovery
- Chronic pain
- Post-surgery (e.g., ankle, knee, shoulder and back)
- Joint replacement (e.g., hip or knee)
- Recurrent or chronic low back, neck or shoulder pain
- Musculoskeletal injury patients returning to physically demanding jobs
- Athletes recovering from sports injuries in need of sport-specific reconditioning
- Individuals struggling with chronic musculoskeletal conditions due to abnormal movement patterns as a result of a previous injury, muscle imbalances or a sedentary lifestyle

## Pre- and post-programme assessment

Our comprehensive pre-and post rehabilitation assessment includes:

- Injury progress/treatment history
- Postural alignment
- Screening for abnormal movement patterns
- Passive and active range of motion
- Strength testing of individual muscles to determine agonist/antagonist strength ratios and to screen for activation inhibition issues

## Exercise programme

Adequate musculoskeletal recovery (e.g., being ready to compete or confidently performing physically demanding activities of daily living) requires ongoing individualised corrective training to restore structural and functional efficiency.

We utilise a systematic assessment process and develop tailored integrative corrective strategies, to address structural and functional efficiency limitations which may have resulted from surgery, previous injury or a sedentary lifestyle.

## Participant support

The patients perform exercises under constant supervision and are monitored for discomfort or pain on a daily basis.

