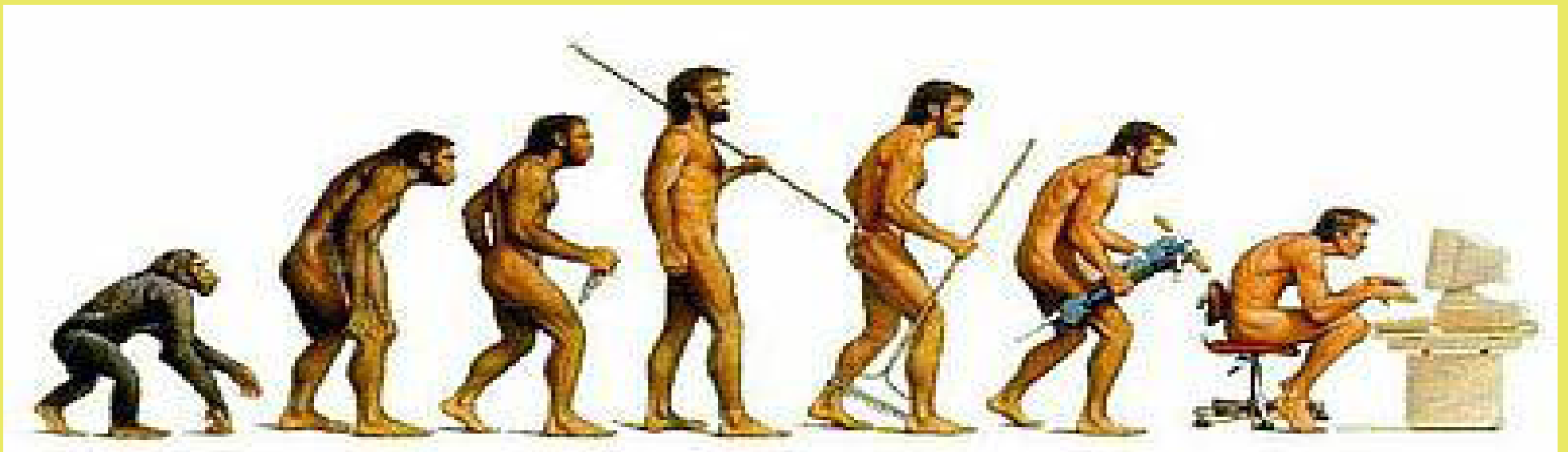


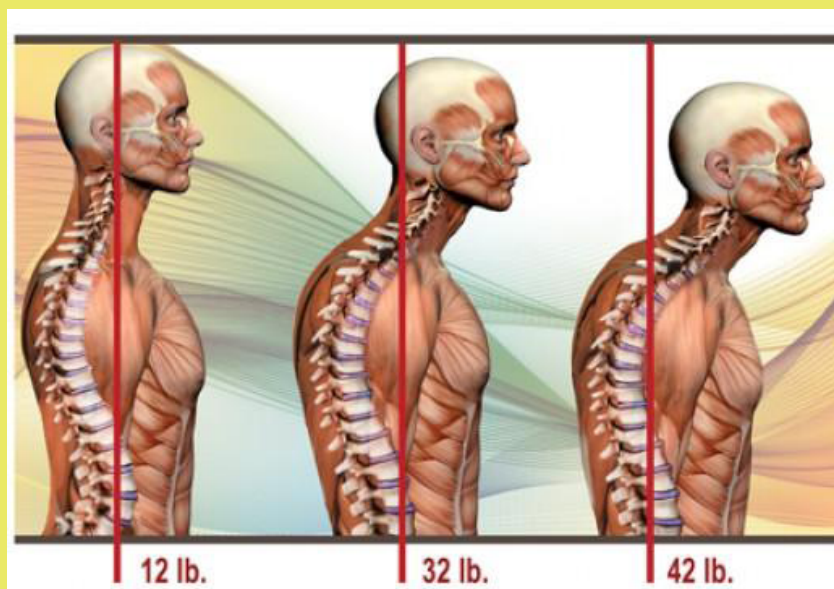
# Don't be a pain at work

Are you experiencing pain sitting at your workstation?

Is it affecting your ability to perform at a higher level?



Do you realise poor posture can affect your long-term health?



We can make a difference; you deserve to be pain free.

And you deserve to be performing at your best.

Speak to our staff about one of our highly trained Physios performing an ergonomic and postural assessment at your workstation and ask about the ergonomic equipment we provide.