Sit strong



8 what we do...

We bring physiotherapy, massage and wellness theory ...to the workplace.



It just makes sense.



prolonged sitting screen-time issues



appointments difficult to attend time attending reflects loss of income



wellness high on agenda with employees and employers

How...

We currently provide three workplace key services

8
pop-up cliuic

30/60 minute appointments registered with all major insurers

iu-chair wassage

15 minute slots massage over top of clothes

8 welluess talks

inspirational speakers mindfulness, posture, wellbeing



30 minute appointments private workplace environment registered with all major insurers

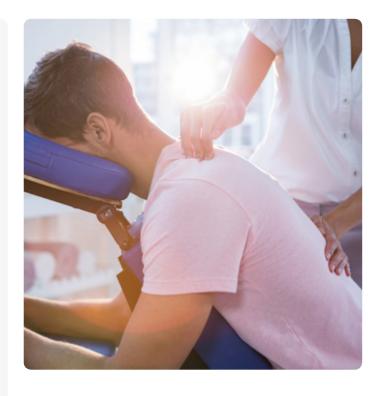
sit strong

pop-up cliuic...

Our high quality physiotherapists offer 30 minute slots to help diagnose, treat and rehabilitate you back to your best. From general aches and pains to that injury that you never have time to fix. We remove the issues of getting appointments and time out of work by fitting into your busy schedule.

iu-chair wassage...

Our revolutionary work based program is designed to undo the effect of prolonged sitting. Our program will release tension and flexibility across the key problem areas, relieve stress and reduce the chances of a longer-lasting injury.



15 minute slots
private workplace environment
over clothing massage





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45 minute talks
range of workplace wellness topics
industry leaders

Sit

wellness talks...

Inspirational speakers from a wide range of topics that will have a lasting effect on your team. Topics include posture, mindfulness and nutrition and are delivered from a varied background of professions.



For simplicity we have set up the following plans but please contact us for custom requirements.

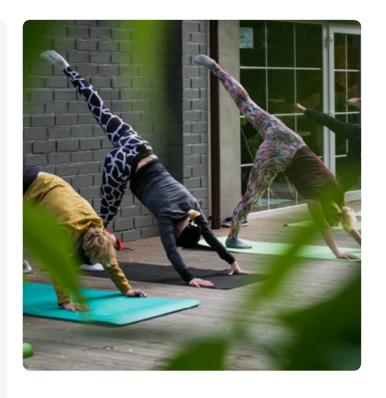






exercise classes...

We also offer a range of classes which are all designed to undo the effects of prolonged sitting and the stress associated with a busy life. Meeting room, rooftop or warehouse floor we can organise sessions to meet specific requirements.



45 minute class xx people minimum billed per session





who we are...

Doug Jones (BSc, MSc, PGce)

Sit Strong is founded by respected physiotherapist Doug Jones. Doug is owner of Altius Healthcare which provides general healthcare services plus leading specialist care to elite performance athletes. Doug has seen first-hand the growing epidemic that prolonged sitting is causing which was the inspiration behind Sit Strong.







additional services

More complex cases may require additional care or specialist treatments. We are able to provide an extensive level of after-care with access to world class diagnosis and treatment facilities at Manchester Institute of Health and Performance (MIHP)

Physiotherapy
Podiatry, chiropody and injection clinic
Biomechanical Gait assessment
Acupuncture
Sports Massage
Therapeutic Massage

Shockwave Therapy
Hydrotherapy
Cryotherapy
Altitude Chamber
Alter G treadmill
Gait analysis
Isokinetic testing

who we work with...







iusurauce

We are registered with all the major healthcare insurance providers including...







what are you waiting for!

A profitable business stems from happy, healthy employees. Happy employees are more effective employees. It's scientifically proven. Boosting employee happiness increases productivity by as much as 20%. So, if you want a successful business, you need to look after your people. And of course having a positive working environment will help you recruit and retain the best in the business too.

coutact us now...

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