



**sit
strong**



workplace wellness



what we do...



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

Why...

It just makes sense.



*worklife
health issues*

prolonged sitting
screen-time issues



*accessibility
to treatment*

appointments difficult to attend
time attending reflects loss of income



*attitude
to wellness*

wellness high on agenda with
employees and employers

How...

.....
We currently provide three
workplace key services



pop-up clinic

.....
30/60 minute appointments
registered with all major insurers



in-chair massage

.....
15 minute slots
massage over top of clothes



wellness talks

.....
inspirational speakers
mindfulness, posture, wellbeing



pop-up clinic...

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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.

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30 minute appointments
private workplace environment
registered with all major insurers

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in-chair massage...

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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.



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15 minute slots
private workplace environment
over clothing massage

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wellness talks...

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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.

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45 minute talks
range of workplace wellness topics
industry leaders

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Pricing

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



corporate

.....
monthly one day
visit to your office

.....
physiotherapy clinic
in-chair massage
wellness talk
exercise class

.....
£660 per day

contact us



director

.....
director medicals
at MIHP

.....
health screening
individual diagnosis
health screening
individual diagnosis

.....
£550

contact us



group

.....
classes on one-off basis
45 minute classes

.....
yoga
pilates
sit strong

.....
£100 per session

contact us

exercise classes...

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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.



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45 minute class
xx people minimum
billed per session

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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

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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)

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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...



insurance



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.

contact us now...

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0161 401 1000

