



bodyworks  
physiotherapy & wellness



## Welcome to Bodyworks Physiotherapy & Wellness

Located in central Kerikeri, Bodyworks Physiotherapy & Wellness is the largest physiotherapy practice in the Far North. We have five treatment rooms and a large, well-equipped gym for fitness and rehabilitation work. We are open from 8.00am-5.30pm weekdays and by appointment.

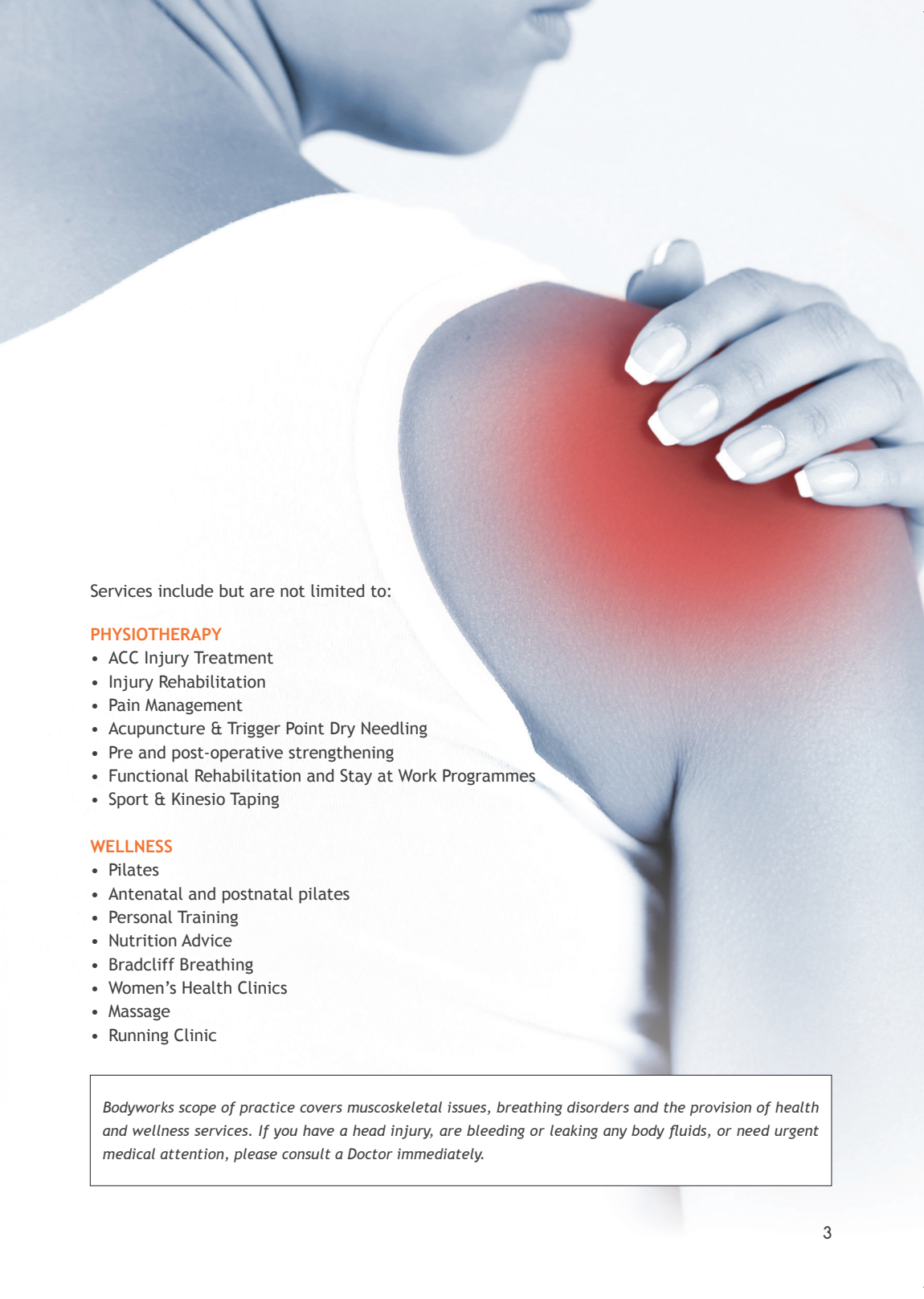
Our highly skilled Physiotherapists are trained in a variety of treatment styles and disciplines. Many have had international experience and /or have additional expertise such as acupuncture and trigger point dry needling.

You don't have to be referred by a Doctor to seek treatment, simply make an appointment. We are registered with ACC and can register most accident related injuries

directly with them, saving you time and money.

We are also an accredited service provider with Health and Disability Auditing New Zealand and work closely with GPs and many other healthcare professionals.

Bodyworks is owned by Allison Shipton and Mark Blakelock who say that all too often Physiotherapists are the ambulance at the bottom of the cliff. Their philosophy is that physiotherapy should be part of a lifestyle choice that helps you achieve and maintain your health and fitness goals. They believe a proactive approach can prevent injury and can facilitate a faster recovery should you become unwell.



Services include but are not limited to:

#### PHYSIOTHERAPY

- ACC Injury Treatment
- Injury Rehabilitation
- Pain Management
- Acupuncture & Trigger Point Dry Needling
- Pre and post-operative strengthening
- Functional Rehabilitation and Stay at Work Programmes
- Sport & Kinesio Taping

#### WELLNESS

- Pilates
- Antenatal and postnatal pilates
- Personal Training
- Nutrition Advice
- Bradcliff Breathing
- Women's Health Clinics
- Massage
- Running Clinic

*Bodyworks scope of practice covers muscoskeletal issues, breathing disorders and the provision of health and wellness services. If you have a head injury, are bleeding or leaking any body fluids, or need urgent medical attention, please consult a Doctor immediately.*

# Physiotherapy

Like all health related services, physiotherapy is highly regulated. All of our Physiotherapists are registered with the New Zealand Physiotherapy Board and must hold an 'Annual Practising Certificate' (APC) and Professional Liability Insurance, both of which must be renewed annually. We see this as a good thing as you can be confident you are receiving the highest standard of care.

Each Physiotherapist is also required to complete 100 hours of Continuous Professional Development every three years, ensuring they stay abreast of current practises and use the most advanced clinical assessment, diagnosis and treatment techniques. So whether you have suffered an injury, are preparing for or recovering from surgery, or simply have pain that needs attention, our highly experienced Physiotherapists can help. Trained in a broad range of treatment techniques, each holds a minimum of a Bachelor of Science degree, Physiotherapy.

You don't have to be referred by a Doctor to seek treatment, simply make an appointment. If the matter is accident related we'll register the claim with ACC for you.

If you are a Southern Cross member and have the relevant cover, we can arrange direct payment using the Easy-claim system, saving you the bother of filling out forms.

For work related injuries we also liaise directly with a number of other insurers such as Aon and Gallagher Basset. Check with your HR Department or Employer as to what their arrangements are and let us know (we can always check with ACC).

Your initial appointment will take about 30 minutes. You'll be asked about your medical history, as well as the cause and extent of your health issue. Your Physiotherapist will then examine you and let you know their conclusions. In some cases you may be referred for an x-ray or ultrasound examination to confirm the diagnosis. Together you will set the goals you want to achieve and your Physiotherapist will prepare a proposed plan of action which you will be given at your next appointment.

If time permits during the initial consultation you may receive treatment. We'll book your next appointment and, where appropriate, you may also be given some exercises to do at home.

Although you may feel significantly better after a couple of visits, it's important that you complete the full course of treatment to ensure you make a full recovery. Continuing with the exercises you were given will strengthen the injured area and reduce the likelihood of a recurrence of the problem.





# Massage Therapy

Massage is often used in conjunction with the treatment of an injury but is also offered as a standalone treatment for chronic pain, stiff muscles, injury rehabilitation, stress management and to enhance motion or performance for athletes.

It's possible that you will feel some localised tenderness (rub sore!) after a massage however this should subside after a day or so. We recommend that after treatment you increase your water intake to help flush out the toxins released by massage. Ensuring you are properly hydrated can also help to reduce muscle ache.

## DEEP TISSUE MASSAGE

Deep Tissue Massage is different to an ordinary massage and focuses on realigning deep layers of muscles and connective tissue. It works by breaking down adhesions (bands of painful, rigid tissue) which can block circulation, cause pain and restrict movement.

The massage technique is slower and the pressure is deeper, concentrating on areas of tension and discomfort.

Deep Tissue Massage is especially effective in the treatment of a stiff neck, sore shoulders, back pain and leg muscle tightness.

## SPORTS MASSAGE

Sports Massage is used to help athletes resolve an injury, enhance performance and stimulate post-event recovery.

Treatment is specific to their sport and takes into account common areas of strain which occur during training and completion as well as any underlying muscle function issues.

The process will also identify techniques that can be used before, during and after competition.



# Acupuncture & Trigger Point Dry Needling

Acupuncture and Trigger Point Dry Needling can be very effective in deactivating painful or 'knotted' muscles. The insertion of very fine acupuncture needles into key trigger points can, in some cases, provide almost immediate pain relief.

This service is available from our Senior Physiotherapists who attend ongoing training to ensure they stay abreast of current techniques.



## Personal Training

### PERSONAL TRAINING

Our qualified Sports Trainer will design a customised program that takes into account your personal goals. Available in our gym or offsite, they'll work with you one-on-one to help you achieve and maintain your desired level of fitness.

### RUNNING CLINIC

Whether you're a novice who is just starting out or an experienced runner wanting to improve your performance, coaching can help.

Our Vivo Barefoot Minimal Running Coach will work with you one-on-one to assess your technique and improve your style, provide nutrition advice and assist with injury rehabilitation and/or injury prevention.



# Fitness Classes

Tell us what you want to achieve and our qualified instructor will work with you to achieve and maintain your fitness goals. Since we all enjoy different things, we offer a wide variety of programs that are designed to improve strength, fitness and flexibility.

If you are recovering from an injury our Physiotherapist and Sports Trainer can work together to create a customised program that assists recovery and is followed by specific strengthening exercises that will minimise the chances of re-injury.

Your fitness options include:

## **CARDIO BLAST**

Increase your fitness with a variety of cardiovascular drills.

## **CORE FUSION**

Target your core with a mixture of different exercises.

## **PERFORMANCE**

Train like a pro with this high intensity workout.

## **PILATES**

Improve your flexibility, core strength and balance using controlled movements and correct alignment. Classes vary in intensity from beginners to advanced.

## **PURE STRENGTH & TONING**

Focused on developing lean muscle tissue. Incorporates Pilates, Swiss Ball exercises and aerobics.

## **STRETCH, ROLL & MOBILISE**

Reduce tightness, increase mobility and improve muscle function.

## **SUSPENSION CIRCUIT TRAINING**

A mix of suspension training, core exercises and cardio.

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**A LIST OF CLASS TIMES IS AVAILABLE  
FROM RECEPTION OR ONLINE AT**

**[www.bodyworksphysio.co.nz](http://www.bodyworksphysio.co.nz)**

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# Pre & Post-Surgical Strengthening

Exercising before surgery can help to reduce recovery time and may lead to better outcomes. It can also be a great way to manage stress levels in the lead up to your operation.

A carefully managed post-operative exercise regime may make all the difference to your outcomes. Many specialists and surgeons have developed rehabilitation protocols and our experienced Physiotherapists liaise with them to achieve optimal results.



## Women's Health

Pregnancy and/or age can lead to Light Bladder Leakage and other urinary issues.

Our female Physiotherapists will consult with you in a relaxed, confidential environment before designing a program to strengthen your pelvic floor muscles.

This may include our antenatal or postnatal Pilates Classes and you can choose from day or evening classes.

## Bradcliff Breathing

Around 10% of people suffer from breathing pattern disorder or chronic over breathing which can manifest in a number of unpleasant ways including disturbed sleep, constant fatigue, irritability, erratic heartbeats, difficulty breathing and dizzy spells, to name just a few.

Allison Shipton is the only Qualified Bradcliff Breathing Instructor north of Auckland. She'll work with you one-on-one to ensure correct breathing becomes habitual and your symptoms abate.



# PINC & STEEL

## Cancer Rehabilitation Program



These programs provide personalised rehabilitation to people diagnosed with cancer (PINC for women and STEEL for men).

They are designed to assist with healing and to help patients cope with the various stages of treatment and recovery. They also focus on regaining physical and emotional strength and improving self-confidence and muscle control.

Allison Shipton, the only PINC & STEEL Certified Cancer Rehabilitation Specialist north of Auckland, knows what a difference this program can make to a patient's ability to confront their illness and to maintain a positive outlook.

Allison would like everyone facing cancer to have access to PINC & STEEL Cancer Rehabilitation Program. To that end, Allison and Bodyworks co-owner Mark have raised funds for the PINC & STEEL Cancer Rehabilitation Trust and people can apply for funding to cover treatment.

**For more information on the programs or to apply for funding go to**

**[www.PINCandSTEEL.com](http://www.PINCandSTEEL.com)**



# Injury Prevention and Occupational Health & Safety

Nowadays employers are responsible for identifying potential risks to staff and are required to implement practices which minimise the potential for injury. Failure to create a safe work environment has serious legal and financial implications, however, effective training and Health and Safety systems can prevent your business from getting into that situation.

Bodyworks Physiotherapy & Wellness Centre offers a number of ACC Approved Training Services that can assist with achieving OSH Compliance and may help to reduce your ACC Levies.

## PRE-EMPLOYMENT SCREENING

In jobs where there is a high component of manual labour or heavy lifting, pre-employment screening may be relevant. Our Physiotherapists can assess your requirements and run the physical checks that make employing new staff less risky.

## SAFE LIFTING

We offer group classes, customised to suit your staffs' specific product handling requirements, either at our premises or onsite at your workplace if that's easier. We'll provide all training materials and signage that can be placed in work areas to remind staff of the correct techniques.

We can also provide customised exercise sheets to help staff stretch muscles that may become stiff or sore through heavy lifting.

## CORRECT WORKSTATION SETUP

Correct setup of your staffs' workstations can increase efficiency and reduce the risk of neck and back strain. This is especially important in situations where staff share a workstation.

Our Physiotherapists are trained in correct postural alignment and can assess each staff member in their environment to ensure that their equipment is set up of for optimal safety and efficiency.

## OOS PREVENTION

Occupational Overuse Syndrome (OOS) is an injury that occurs as a result of repeated overuse or strain.

Our trained Physiotherapist can do a site assessment to identify risk areas throughout your business and can work with you to design appropriate equipment configurations and systems to reduce the risk of OOS occurring.

We can also design customised stretch and exercises programs for each staff member to prevent or reduce discomfort where repetition of a task may be unavoidable.





Please feel free to direct your enquiries to:

**ALLISON SHIPTON**  
**Senior Physiotherapist & Company Director**

p 09 407 4288  
f 09 407 4233  
allison@bwk.co.nz  
7 Homestead Road  
Kerikeri 0230



[www.bodyworksphysio.co.nz](http://www.bodyworksphysio.co.nz)

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