

Find your strength, build stability, fuel your life, to livewell

Ever felt that Back Pain is youth leaving your body or that your body is experiencing some 'technical' glitch? Well, you are certainly not alone. Almost 10 million Britons suffer from pain, which impacts their quality and vitality of life and certainly more days off work.

But there is hope and expertise available.

As an accredited Practitioner for Flexchair®, I have been treating my clients with this equipment.

It is an interactive stool which comprises of two 3-dimensional pivot mechanisms which allows dynamic movement. It's an ingenious piece for physical assessment and an accurate rehab kit which is evidence-based. The saddle-like seat is connected to a computer which provides real-time visual feedback i.e. mimicking your manner of movement. It provides statistics to client and therapist, thanks to its patented sensor and software.

The program visually validates challenges from the onset which allows for greater efficiency of time spent at therapy sessions and tapping into the root cause of concern. With a trained-eye and the Flexchair® it provides a success recipe for giving strength back to my clients.

Flexchair® is portable and can be used in clinics, work spaces (for ergonomics, DSE assessments,



The Flexchair® provides visual feedback

training and prevention), home or equestrian stables. It raises postural awareness, for instance, in the equestrian arena helping riders train and develop greater performance.

So, if you've reached your tolerance point, I am happy to assist. The Livewell studio is conducive to a warm welcome.

I look forward to meeting you.

Jan Hendrik

as advertised in *mylocalNEWS*



LIVEWELL PHYSIO



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Contact
Jan Hendrik,
Physiotherapist

Assessments and treatments for:

- Back pain
- Arthritis
- Whiplash
- Musculoskeletal
- Postnatal
- Antenatal
- Rehabilitation
- Acupuncture
- Sports injuries
- Orthopedic injuries
- Sports massage
- Dry-needling

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