



# Corporate Workshop / Sports Therapy Day

These interactive workshops cover sports / office related injury and useful self-help remedies. It's done during lunch breaks or designated time within the comfort of your office. At the same time, you can approach our sports therapists for injuries or pains concern and have them addressed all at once.

<p><b>Workshop 1</b>  <b>Sports Injury &amp; Recovery</b>          Common strains &amp; injury areas for</p> <ul style="list-style-type: none"> <li>• Hand and wrist</li> <li>• Neck and back</li> <li>• Rotator cuff</li> <li>• Calf and Achilles tendon</li> <li>• Quadricept and Hamstring</li> <li>• Ankle and Foot</li> </ul> <p>Recovery Techniques          Question and Answers</p>	<p><b>Workshop 2</b>  <b>Effective Stretches for Office</b>          Common causes of muscular pain &amp; strains</p> <p>Stretches techniques for areas of physical stress due to prolonged standing or seating.</p> <p>Ways to increase your flexibility and personal wellbeing at work and home.</p> <p>Question and Answers</p>	<p><b>Workshop 3</b>  <b>Easy Sports Massage Techniques</b>          What is sports massage?          Benefits of sports massage          Basic human anatomy          Sports massage techniques</p> <ul style="list-style-type: none"> <li>• Stretching Effleurage</li> <li>• Softening Compression</li> <li>• Lifting Petrissage</li> <li>• Invigorating Tapotement</li> </ul> <p>Question and Answers</p>
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## TARGET AUDIENCE

These workshops are designed for anyone who likes to learn techniques to tackle muscle tensions with quick simple yet effective approach. It can be applied on yourself or help loved ones and fellow colleagues. Best of all, it can be extended on a complimentary basis. To enjoy these information rich sessions simply request for one with us.

## SPORTS THERAPY

Our sports therapists will be at your office to assist all participants with a complimentary posture and pain check plus sports therapy treatment to get relief after the workshop.

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