



Atherapy

Prevent | Cure | Perform

Corporate Wellness

Approach

At Atherapy it's all about you; we believe that just as no two people are the same, neither are any two businesses.

Your organisation is unique, and your wellness solution should be bespoke to your environment, culture and workforce. Our commitment is to ensure the investment in your staff is reflected in fewer days lost to sickness and increased staff satisfaction, resulting in increased productivity and retention.

At the heart of our approach is the performance of **your business, and** the people within it.



Service Provision

The following pages outline the modular system we use to build your wellness solution, built on your specific needs.

PREVENT | CURE | PERFORM is our mantra, and we incorporate it into every aspect of our offering.

Our programmes are individually tailored to your budget and specification in respect of content and delivery.

The icons on the following pages represent all of the modules that can be incorporated into the wellness programme we create for you.

All services are delivered by qualified and professionally registered medical practitioners so that quality is assured.

We look forward to developing a solution just for you, that allows you to invest in your staff whilst partnering with us on a long term journey towards health and productivity.

Prevent

In 2019/20 alone, a total of 1.6 million employees suffered some form of work related injury.

693,000 independently reported injuries cost employers 14.1 billion and a total of 38.8 million working days (HSE2020)

We can offer the following to help prevent work related injury or illness:

-  Workspace Assessment
-  General Medical Checks
-  Postural Assessment
-  Cardiovascular Assessment
-  Gait Analysis
-  Blood Tests
-  Mindfulness Coaching
-  Ergonomic Assessment

Cure

Figures show that employees who are physically active and pay attention to injury prevention at work, take on average 27% fewer sick days (NICE guidelines 2020)

These services keep employees healthy and physically active and can all be offered on site, in our facility or remotely:

-  Physiotherapy
-  Fitness Workshops
-  Sports Massage
-  Pilates
-  Yoga
-  Nutritional Advice, Education & Meal Planning
-  Motivational Speaking

Perform

At Atherapy we have over 500 patients a week walk pass through our clinics. 80% of these appointments are during normal business hours. This means between 5000-7000 working hours are lost each year due to the need for off-site physiotherapy treatment. With the average UK wage of £38,600 which converts to £42,448 - £62,882 which companies spent each year paying employees for the time that take to attend a physiotherapy appointment.



**80% of Appointments
between 9am and 5pm**



**£42,448 - £62,282
Spent on Wages**



**4,680 - 7,020
Working Hours Lost**

The ultimate goal of our wellness programmes is to create lasting positive lifestyle change to create happy, healthy teams of staff that are able to fulfill their personal, as well as the business', potential.

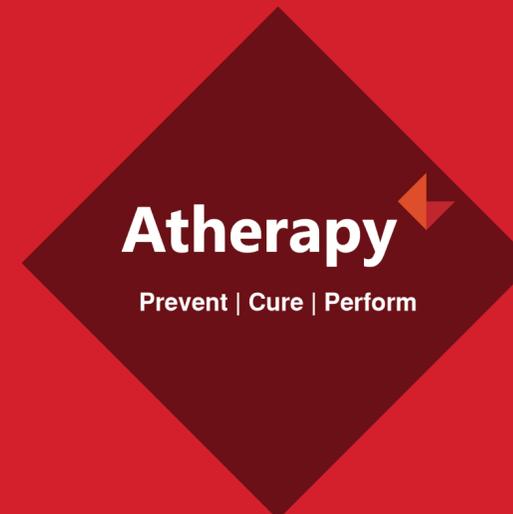
Contact Us

Established in 1997, Atherapy are a national provider of physiotherapy and associated services with clinics in the UK and USA, and an elite client portfolio. Our staff are our greatest asset and our brilliant, dedicated, caring family of chartered professionals have the experience and expertise to deliver the highest standards of care.

For more information about how Atherapy can help, please get in touch so we can start a conversation.

Tel: 0808 164 2471

Email: info@atherapy.org



Dave Hancock

Founder & CEO

davehancock@atherapy.org

Over 25 years of physiotherapy, performance, strength and conditioning experience. Previously worked with the England National Team for 5 years and was Head Physiotherapist at Chelsea Football Club and Performance Director of the New York Knicks Basketball Team.

Clare Smith

Group Practice Manager

ClareSmith@atherapy.org

Having worked alongside Dave Hancock since 2002, Clare's position at the heart of Atherapy sees her oversee a range of admin as well as being the first point of contact for many of our new clients.

Ian Gilham

Regional Manager & Senior MSK Physiotherapist

IanGilham@atherapy.org

From working with elite performers in sport, film, music and medicine, to clients returning to work, recovering from surgery or managing a long term condition, Ian has a vast range of skills and experience that can be utilised in reducing pain and restoring function.

Richard Evans

Senior MSK Physiotherapist

RichardEvans@atherapy.org

Since qualifying as a physiotherapist in 2008, Richard has accumulated a wide range of experience in hospital, private and sports settings across 4 continents. He is able to assist people with a range of bone, joint, ligament, tendon and muscle injuries with his holistic approach to rehabilitation..