

Health Promotion Services

Presentations • Screening Tests • Health & Wellness Articles • Wellness Days and Contests

THE SPINE & JOINT CENTRE

Full service health, wellness,
and rehabilitation company.

Keeping people active and vital
for 17 years!

Diagnostics

- Functional Abilities Evaluation (FAE)
- Physical Demands Analysis (PDA)
- Work Readiness Trials
- Independent Medical Evaluation
- Hearing Testing / Diagnostics
- Environmental Noise Testing
- Foot and Gait Analysis
- Post-offer Pre-placement Screening

Rehabilitation Programs

- Acute Injury
- At Work Rehabilitation
- Work Readiness (Hardening)
- Orthotics and Foot Care
- Job Site Coaching
- Return to Work Consulting

Prevention

- Ergonomic Assessments
- Post-offer Pre-placement Screening
- Health Promotion Services
- Work Safety Seminars
- Pre-employment Medicals
- Fitness Testing
- Management Training in Injury Prevention
- Wellness/Spa Services

Professionals

- Physiotherapy
- Medical Services
- Kinesiology
- Psychology
- Massage Therapy
- Audiology
- Traditional Chinese Medicine

**EASY REFERRAL
QUICK TURN-AROUND
CALL 673-5090**

107-101 Cherryhill Blvd
London, ON
www.spineandjointcentre.com

What?

- Employee education about Injury Prevention.
- Innovative, captivating – tried and proven teaching techniques create positive behaviour change.
- Seminars, group training and dialogue, newsletters and tools to ensure lasting knowledge and maximum employee awareness.
- Management Training on Health and Safety requirements and strategies.

Why?

- Reduce costs.
- Reduce repetitive strain and work injury.
- Increase productivity, performance and job satisfaction.
- Be pro-active in injury prevention.

How?

- Seminars / Events
 - In the Board Room or a Local Conference Centre
 - Theme of choice
 - 1 hour to full day events
- Screening Tests
 - At your Company
 - At our Functional Diagnostic Centre
 - Plan annual screening to ensure good health of employees
- Health & Wellness News Articles / E-learning
 - Via email or company newsletters
 - Topics specific to the companies needs

**Repetitive Strain • Headaches • Back Care • Blood Pressure
• Hearing Testing • Fitness Testing • Improve Posture • Fit Fore
Golf • Space Set up and Design • Safe Exercise Methods •
Osteoporosis Prevention • Orthotics and Foot Care**

Referral can be made through the Functional Diagnostic Centre
519-673-5090

