



ORTHOSPORTS PHYSIOTHERAPY

# CORPORATE MODULES

[www.orthosports.in](http://www.orthosports.in)

# Celebrating Womanhood

- A woman excellently performs her life's roles: daughter, wife, and mother. She manages to achieve a balance between her professional and personal life. But, somewhere along the way, she forgets herself- she loses track of who she is and what is happening with her body and mind.
- There are three main stages in every woman's life- Puberty, Marriage, and Conception and menopause. Each of these stages comes with their issues. Inner issues such as hormonal imbalances can lead to problems such as bone loss, back pain and insufficient absorption of nutrients.
- A large percentage of our workforce is women. Physically fit, mentally satisfied and happy women make excellent and productive employees.
- This program is tailor made for women & will cover all relevant topics that can help them inner and outer beauty and health.



# Celebrating Womanhood

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**TIME DURATION: 45 MINS | Q & A: 15 MINS**  
**MAX PARTICIPANTS: 25 -30 PER BATCH**

## **INCLUSIONS**

- Health issues specific to women - cause and solutions
- Back pain and why it is so common in women
- How to prevent and manage back pain
- Correct postures while at work
- Do's and Don'ts at the workstation
- Heels- To Do or Not?
- Easy ways to get in exercise, diet tips that work for a woman on the go and more, the myth of balance and superwoman!
- Handout - "At-your-desk-Exercise"



# Workplace Ergonomics

**TIME DURATION: 45 MINS | Q & A: 15 MINS**  
**MAX PARTICIPANTS: 25 -30 PER BATCH**

## INCLUSIONS

- Workplace and ergonomics basics.
- Musculoskeletal disorders (MSDs) - risks, origin and prevention.
- Workstation and workplace behaviours that impact health.
- Self - assessment of workplace behaviours and habits.
- Postures and measures to prevent MSDs.
- Best practices at the workstation.
- Workstation corrections including accessories and implementations.
- Desk exercises – 15 minutes demonstration of simple exercises that can be done at workstation daily.



# Sports and Fitness at Workplace

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**TIME DURATION: 45 MINS | Q & A: 15 MINS**  
**MAX PARTICIPANTS: 25 -30 PER BATCH**

## INCLUSIONS

- Understanding fitness and exercise guidelines- myths and reality.
- In depth about different sports and fitness exercise such as yoga, core training, running, weight training etc.
- Learn to pick the fitness regime that suits your body type.
- Do's and Don'ts for fitness without injury.
- Delving into the right nutrition for sports and fitness activities.
- Fitness assessments – BMI, fat ratios, muscle mass, bone mass, and others.
- Create the fitness routine right for you.
- Demonstration: Exercise routines to fit your lifestyle.





# Ergonomics and Fitness – A Dual Necessity

**TIME DURATION: 45 MINS | Q & A: 15 MINS**  
**MAX PARTICIPANTS: 25 –30 PER BATCH**

## **INCLUSIONS**

- Workplace and ergonomics basics
- Musculoskeletal disorders (MSDs) – risks, origin and prevention.
- Workstation and workplace behaviours that impact health
- Learn to pick the fitness regime that suits your body type.
- Brief understanding about different forms of sports and fitness exercise such as yoga, core training, running, weight training etc.
- Demo of exercise routines to fit your lifestyle.
- Desk exercises- demonstration of exercises that can be done at workstation daily
- Postures and measures to prevent MSDs.
- Workstation corrections & implementations.
- Importance of fitness at workplace.
- Delving into right nutrition for fitness.
- Injuries and how to prevent them.



# Sports Injury Prevention and Cure

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**TIME DURATION: 45 MINS | Q & A: 15 MINS**  
**MAX PARTICIPANTS: 25 -30 PER BATCH**

## **INCLUSIONS**

- Brief understanding of different sports and their physical demands
- Types of common sports injuries and causes
- Strategies to prevent injuries- diet and hydration, warm up and cool down, stretching techniques and others
- Importance of recovery and the right way to recover - sleep, foam rolling, ice baths, and others
- Management of common injuries such as low back pain, knee pain, hamstring strains and many others
- Proper footwear selection for different foot types and different sports
- Demonstration of preventive exercises - 10 minutes



# Posture Correction Seminar

**TIME DURATION: 45 MINS | Q & A: 15 MINS**  
**MAX PARTICIPANTS: 25 -30 PER BATCH**

## INCLUSIONS

- Basic foundation of a good posture
- Addressing various postures at office and home and keys to optimum posture
- Posture Self-evaluation
- Overview of optimal sitting, standing, typing, laptop, and general working postures- analysis and keys to maintaining
- Accessories and methods to self-correct
- Addressing common ailments arising from incorrect postures
- Breath awareness and breathing for posture
- Office friendly guided stretches & postural exercises - interactive demo session with handouts.







# Contact Details

## YOU CAN REACH US HERE

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