



we keep you working

E - Pack



Head office
1 The Rake, Bromborough,
Wirral. CH62 7AE

we keep you working

Welcome to Joints and Points Healthcare

Our aim is to help raise awareness and to commend the many benefits of good health and wellbeing by empowering individuals to take more responsibility for their overall health. We aim to promote a range of services through our educational poster campaigns that will help and benefit yourself, your work force, their friends and family members and empower them to make positive life choices.

We work with many aspects of occupational health, however we are not trying to replace any need to refer to your own Occupational Health Provider. We are simply creating an awareness of therapies and providing an opportunity that may motivate individuals to access the service themselves. However, if you would like information on the occupational health services that we provide, please feel free to enquire.

Joints & Points have clinics across the North West offering a range of services including physiotherapy, sports therapy, massage therapy, acupuncture, Talking Therapy (CBT) and a performance clinic.

Our professional and friendly staff will look after you from start to finish, ensuring that all your questions are answered; from booking in, to knowing what to do with your receipts.

Most of our clinics are open from 8am to 7pm weekdays (9pm on Wednesdays) and we are also open on Saturdays. Please check individual clinic opening times for details. You will be seen quickly and at a time to convenient to yourself. We do not operate a waiting list.

If you are registered with a Wirral GP practice, your doctor can refer you directly to Joints & Points for physiotherapy. A simple GP referral letter will suffice and you will be seen at your chosen clinic i.e. Wirral or Liverpool.

We also work in partnership with many private healthcare providers and cash plans.

Check out our webpage for more details and any special offers.

We look forward to hearing from you soon!

Joints & Points Healthcare



Tel 0344 415 4895
Email info@jointsandpoints.co.uk
Web jointsandpoints.co.uk



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Joints & Points Therapy Services

Joints & Points Healthcare can offer a range of services for your staff well-being needs. In addition to encouraging staff to take control of their health needs offsite, you the Employer can provide therapy sessions onsite as part of your well-being initiatives to improve productivity and performance. For example investing a link with an Occupational Health Physiotherapist has been shown to provide a return on investment of every £1 spent you get a £3 return!

Simply we are Therapists for work and health. Together with Fohcus Occupational Health we work to improve the health and wellbeing of workers so that they can do their jobs efficiently and effectively. We can improve work design through ergonomics, encourage stress management with relaxation or coping strategies, improve condition management with onsite therapies and enhance general well-being with health education and promotion.

Onsite sessions or Full days/half day well-being sessions can be provided with a variety of therapies on offer. Therapies can include;

- Sports massage
- Holistic massage
- Physiotherapy/Onsite Physiotherapy
- Onsite DSE/Work station assessments
- Acupuncture
- Talking therapy
- Stress management
- Mindfulness
- CBT strategies
- Group discussion/presentations
- Healthy living advice....and many more

For more information or quotes on a tailored therapy sessions or well-being day services please contact Joints & Points. For more information on Occupational Health services, please see further information included about Fohcus and follow the contact details provided.

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Health Benefits of Massage Therapy

The benefits in short are evident both for the mind and the body. It rarely happens that we are able to lie down, close our eyes and be in a state of peace and tranquillity. This in itself has its own curative effect and this forms the basis and lays the foundation for the right kind of holistic massage therapy.

Massage Helps:

- 1. Reduces stress and anxiety**
- 2. Increases mental clarity**
- 3. Eases muscle tension and stiffness**
- 4. Encourages better circulation**
- 5. Promotes deeper and more efficient breathing**
- 6. Balances the digestive system**
- 7. Improves sleep pattern**
- 8. Improves physical and mental fatigue**
- 9. Boosts collagen production and improve skin elasticity**
- 10. Boosts the immune system**

In the busy modern world it's not uncommon to feel run down physically and mentally. Regular holistic massage sessions are very effective at combatting physical and mental exhaustion. A massage rub down invigorates your body systems which increases energy and in turn reduces fatigue.

Deep tissue and Holistic massage available in Clinic and Onsite.

Contact J&P for more details!

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Physiotherapy

- Musculoskeletal disorders are one of the most commonly supported work related illnesses.
- An average of 9.3million working days have been lost over a year due to musculoskeletal disorders.
- Each person took an average of 17.2 days off sick due to their musculoskeletal condition.
- Musculoskeletal and physical disorders show the highest rate of staff stopping work and claiming Employment and support allowance.
- With an ageing work force this problem has a risk of getting worse!

Physio's are in a prime position to help Employees and Employers address the problem!

Physio's can:

- Assess and treat musculoskeletal conditions
- Provide Health promotion and Education
- Provide proactive and preventative measures to reduce the risk of injuries
- Onsite treatments if needed for quick efficient access
- Onsite Work station ergonomic assessments
- Functional rehabilitation programmes to facilitate a return to work
- Provide phased return to work guidance.

And many more!

An Occupational Health Physiotherapist has been shown to provide a return on investment of every £1 spent you get a £3 return!

Contact Joints and Points for more information on how physio can help you!

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Supporting Staff

Joints & Points Talking Therapy Service recognises the importance and benefits of offering a safe and confidential support network for staff.

The Talking Therapy Service provides sessions either in clinic or onsite to give staff a safe and confidential place to explore, vent and offload any concerns or issues that may be impacting on their work/home life environment.

Aims:

- Condition specific therapy- Anxiety, Stress, depression, Post-traumatic stress disorder, addiction, relationships, low self-esteem and many more!
- How to manage stress levels in and out of the workplace
- Develop awareness and management of work-life balance
- Managing workloads
- Mindfulness and awareness for positive health and wellbeing
- Understanding how anxiety can impact on psychological and emotional health & wellbeing
- Solution focused problem solving strategies

Confidentiality

Any information that is shared within individual counselling support sessions will be treated as confidential in line with the ethical frame work of the BACP. While confidentiality is essential, it is not absolute, and there are exceptions to confidentiality.

Clinic Bookings & Fees

Drop-in sessions; Block bookings min 6 sessions; Bi-monthly group forums are available with our Psychotherapist.

If you would like to book your staff members on any sessions or would like more information then please contact the team on **0344 415 4895** or email info@jointsandpoints.co.uk

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*Sign up to our **Free** Poster campaign*

*Joints & Points offer a **FREE** Poster campaign service wishing to promote therapies or target specific areas of concern.*

What will you receive?

*Sign up to our poster campaign and one selected member of staff will receive a **FREE** Massage!*

You will get a range of posters with phrases individually selected from our stock with a stand provided for staff rooms containing info sheets and guide to services.

Everyone who attends will be given access to our promotional offer of 'attend 6 and get 7th session free' and password links to our library of information sheets on our website to facilitate self -help!

Poster Samples



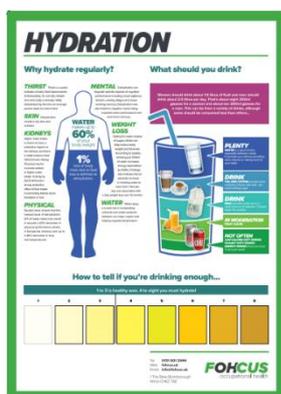
Editable Phrases; Neck pain?, Joint pain?, RSI?, Sports Injury?, Sports massage?, Massage?, Anxiety?, Tension?, Depression?, Time management?, Health Facts?, Training Tips?, Talking Therapy?, Physiotherapy?, I am Fine?..... and many more!



Physiotherapy | Talking Therapy | Sports Therapy
Available at Hoylake, Bromborough and Liverpool

CALL 0344 415 4895 (mobile friendly)
VISIT jointsandpoints.co.uk

Other Occupational Health related educational posters available at small charge include;





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Please enquire for Price List and availability

Physiotherapy/Acupuncture 40 minute appointment

Home visits available for community rehabilitation of elderly or immobile

Sports Massage/Holistic Massage 45 minute appointment

Talking Therapy 50minute appointment

Onsite Fee's

Onsite Therapy fees; Well-being Day fees; Work station Assessment;
Onsite Health Education

Joints and Points Reward Scheme

Pay for 6 appointments and get the 7th treatment of your choice free

(Quote: repackbusiness2017)

We are registered with all cash plans and private health insurance
providers.

For more information Contact Joints and Points or search our webpage

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