



Whoa to Go Training

The physiotherapy designed falls reduction exercise programme you have been waiting for.



WHOA TO GO

Whoa to Go is an evidence informed exercise programme that enhances your current physiotherapy service and allows real opportunity for improving residents strength and balance and decreasing falls.

Structured screening, assessment and allocation into classes is done by your physio. The classes themselves are run by your trained staff, with ongoing support and a 12 week re-assessment by the physio.

TRAINING STAFF

We recommend you train a minimum of 2 current staff members for continuity. They should be natural leaders, interested in physical activity and confident to run groups. Ideal for existing diversional therapists, physio assistants or those with a passion to extend their skills.

The training is 2 days with ongoing support from On the Go Physio for all Whoa to Go exercise leaders.

BENEFITS

- Increased efficiency of physiotherapy service
- Decreased frailty and falls amongst residents
- Transform your current exercise groups into highly effective programmes that improve residents wellbeing and function

www.onthegophysio.co.nz

0800 000 856

47 Whiteleigh Avenue, Christchurch
8024

DATE AND TIME

Dates: 30th and 31st May 2024

Time: 9am-4pm each day

LOCATION

Oxford Terrace Baptist Church
288 Oxford Terrace
Christchurch Central

COST

\$ 575 includes GST per person

REGISTRATION

see website

