

## Bay Physiotherapy Centre

- Bay Physiotherapy Centre has been operating for over 20 years developing strong relationships with orthopaedic specialists and other health care providers in the area.
- We currently have 12 physiotherapists on staff.
- Nine of our physiotherapists have post graduate qualifications and two are preferred providers for the NZ Academy of Sport.
- We have support staff comprising of three front line administrators, a business manager and a physiotherapy manager.
- Bay Physiotherapy Centre are ACC accredited and currently hold gym based rehabilitation contracts with ACC.
- Clinics are located throughout Tauranga including several colleges. Furthermore, gym and hydrotherapy facilities are utilized at City Gym and Greerton Aquatic Centre respectively.

Clinic locations	College locations
⇒ Promed House Suite 2 71 Tenth Avenue Tauranga	⇒ Aquinas College ⇒ Bethlehem College ⇒ Otumoetai College ⇒ Tauranga Boys College ⇒ Tauranga Girls College
⇒ CentralMed Cnr 14th Ave & Devonport Rd Tauranga	
⇒ Otumoetai Health Centre Cnr Otumoetai Rd & Ngatai Rd Otumoetai	<b>Gym/hydrotherapy facilities</b>
⇒ Welcome Bay Medical Centre 2 Awanui Place Welcome Bay	⇒ Promed House ⇒ City Gym ⇒ Greerton Aquatic Centre

## Other services

- One on One hands on treatment
- Prevention/education
- Manipulative therapy
- Sports related injuries
- Headaches
- Strapping
- Silicon coach/video analysis
- Muscle balance assessments
- Acupuncture
- Joint and muscle complaints
- Sports and exercise prescription
- Seminars/lectures
- BradCliff breathing
- Clinical Pilates

## Bay Physiotherapy Centre

Promed House  
Suite 2  
71 Tenth Avenue  
Tauranga 3110

Phone: 07 5779798

Fax: 07 5771012

e-mail: [enquiries@bayphysiotherapy.co.nz](mailto:enquiries@bayphysiotherapy.co.nz)

Website: [www.bayphysiotherapy.co.nz](http://www.bayphysiotherapy.co.nz)

## Certificate of Spinal Care



Y o u r P r o b l e m  
O u r  
E x p e r t i s e

## What is it?

- Bay Physiotherapy Centre has designed a programme to assist and educate people to better understand the spine.
- Bay Physiotherapy Centre Certificate of Spinal Care is suited to everyone; whether you:
  - ⇒ Have a current back injury
  - ⇒ Suffer from reoccurring back issues
  - ⇒ Have never had and never want a back injury
  - ⇒ Want to better understand your spine
  - ⇒ Want to learn the correct techniques and exercises to minimise the risk of back issues
  - ⇒ Want a strong CV to impress employers

## Statistics

- 60%-80% of people who suffer a back injury have a further episode within 12 months.
- 40% of these people have another episode within 4 months.
- 5%-15% progress to permanent disability.



## What knowledge will I gain?

- Bay Physiotherapy Centre has established the Certificate of Spinal Care utilising the latest research in conjunction with years of clinical experience.
- Participants in the programme will:
  - ⇒ Gain a working knowledge of how the spine works
  - ⇒ Understand spinal pain and its consequences on the body and mind
  - ⇒ Learn how to minimise the risk of spinal injury
  - ⇒ Learn correct techniques for use with activities of daily living
  - ⇒ Acquire the skills to evaluate situations and apply or adopt the optimal and safest technique
  - ⇒ Gain confidence in their ability to prevent or minimise the risk of injury
- Following completion of the programme participants will receive a Bay Physiotherapy Centre **Certificate of Spinal Care**.



## How is the programme run?

- The programme is run as a group session with a maximum of 10 people per class over two x 2 hour sessions at Bay Physiotherapy Centre Gym Promed House.
- It comprises of both theory and practical components:
  1. Theory
    - ⇒ Anatomy and mechanics
    - ⇒ Mechanisms of injury
    - ⇒ Understanding pain
  2. Practical
    - ⇒ Correct techniques
    - ⇒ Movement patterns
    - ⇒ Exercises

## How do I get started?

- Please contact Bay Physiotherapy Centre for further information and to register your interest.

