HiFlex Physio

Helping Your Patients stay physically active and be healthy

Your patients need your guidance to overcome the current statistics which include that only around one in 10 over the age of 50 exercises enough to gain any cardiovascular benefit. More than any other age group, these patients require fitness levels to help them maintain independence, recover from illness, reduce depression, increase independence and reduce their high risk of disease.

It is never too late to get fit. The human body benefits from exercise, no matter what age. Many of your more senior patients may believe that exercise is no longer appropriate for them. Some will state a distinct preference for sedentary activities, such as reading

In the United States is was reported that in 2012 6.4% of adults over the age of 65 years needed help with personal care, increasing from 4.3% in 2007 and 5.2% in 2010. Increased good health could reduce those figures.

Until now, many sporting activities were focussing on younger clients, so older people may have felt unwelcome.

If you can encourage your patients to undertake some form of regular exercise, their muscular deterioration will slow, bone density decline will be slowed and heart and lung function will show marked improvement.
And that is just the physical response.

HiFlex Physio wants to aid you to encourage your older patients to participate. We have established a special program to meet the needs of this group.

Starting from the initial contact and assessment, these older clients will be given innovative, effective and convenient solutions for their lifestyle enhancements. They may have already heard of HiFlex Physio, but will be provided with additional information. They may have weight or health issues or concerns (diabetes, restricted mobility) and has an interest in improving their fitness, but rarely commences until advised by their health provider of the necessity.
We hope that you will refer your appropriate patients to us for a free consultation. If they continue and join one of the programs available to them, it will be at no cost. This is a government funded pilot project to decide if there are benefits for individuals and the health system.

We are happy to visit you and explain further, answer questions and provide posters.
This programme registration runs for three (3) months so do not delay.

We may be contacted:

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