

Re \$60,000.00 Funding by the DHBMZ for a pilot exercise programme for stroke, vascular disease and osteoporosis.

We have great pleasure in informing you that our application for a \$60000.00 grant has been approved. This means that we will be able to help your stroke, vascular and osteoporosis clients.

It is well established that regular exercise decreases the chance on reoccurrence and severity levels of these conditions. The aim of this grant is to establish if it is possible to encourage these clients to incorporate suitable exercise regimes into their daily life

For a nominal fee of \$20 your clients are able to join a 10 week exercise group supervised by a physiotherapist.. During this time we are confident they will experience improved well being. We will guide them towards making the conscious choice to continue exercising even when the group stops. WINZ has agreed to subsidise gym memberships for WINZ clients, as long as you (GP) endorse the exercise programme.

We can only help a limited number of clients. If you feel that one of your clients would benefit from this service, please do not hesitate to contact us.

Currently we are working with the stroke patients, and we are expecting to start with the vascular group shortly.

For your convenience we have enclosed a class time table and a referral form. they are also available online at [www.oos.co.nz/classes](http://www.oos.co.nz/classes)

NB Physical Sense is well known for the treatment of overuse injuries, headaches and chronic pain with the help of de-activation of myofascial trigger points.