



# DESKTHERAPY

DESKTHERAPY Personal Edition

## DELIVERING INDIVIDUALLY TAILORED DESK EXERCISE PLANS TO PREVENT AND TREAT COMMON CONDITIONS RELATING TO COMPUTER USE.

Individually tailored desk exercise regimes customised to the user.

The system reminds the user to perform the exercises through the day.

All exercises can be done without the user leaving their desk.

Designed by clinical experts with decades of experience and expertise

Software can be installed on more than one computer to allow for home and office use.

Computer work in an office often involves long periods of maintaining the same posture resulting in accumulated muscle tension and stiffness. Working at a screen can also distract the user from the natural “messages” from the body which would normally encourage us to move and stretch. This results in “distancing” of the user from their own body increasing the risk of musculo-skeletal dysfunction (MSD) and other health problems.

Taking “micro-breaks” from computer work has been shown to both **increase productivity and concentration** as well as **reduce mistakes and stress levels**. DESKTHERAPY is a revolutionary development that offers relief to computer users from pain, stiffness and postural problems in the form of micro-breaks. DESKTHERAPY reminds users to keep moving and stretching, showing them video exercises they can use to reconnect with their body and its needs.

DESKTHERAPY’s individually tailored exercise regimes specifically help combat the following conditions associated with computer use:

**Low back pain**

**Neck pain**

**Headache**

**Migraine**

**Frozen shoulder**

**Elbow pain (like tennis elbow)**

**Repetitive Strain Injury (RSI)**

**Eye strain and fatigue**



Designed by a team of osteopaths and movement therapists with decades of clinical experience, our desk exercises are easy to follow, safe, effective and energising. Our mission is simply to help reduce the levels of discomfort, pain and disability that many desk bound workers find themselves with.

## PRICING INFORMATION

DESKTHERAPY Personal Edition costs just **£29.99** (inc. VAT) per year - less than the price of a 30 minute session with a registered osteopath.

## THE DESKTHERAPY TEAM

### Max Secchi B.Sc.(Hons) Ost

Max Secchi is a UK registered osteopath who qualified from the British School of Osteopathy (BSO) with first class honours in 1996 taking the prize for Orthopaedics, Rheumatology and Neurology. Following graduation he went straight into private practice in Notting Hill and Harley Street in London whilst working part time as a Clinical Tutor at the BSO.

### Kate Fry B.Sc.(Hons) Ost

Kate Fry is a UK based osteopath and co-founder of DESKTHERAPY. She gained her degree at the British School of Osteopathy in 1998. She worked in South London and Notting Hill for five years before returning to her roots in Devon.

## MORE INFORMATION

If you would like to contact DESKTHERAPY please email [info@desktherapy.com](mailto:info@desktherapy.com)

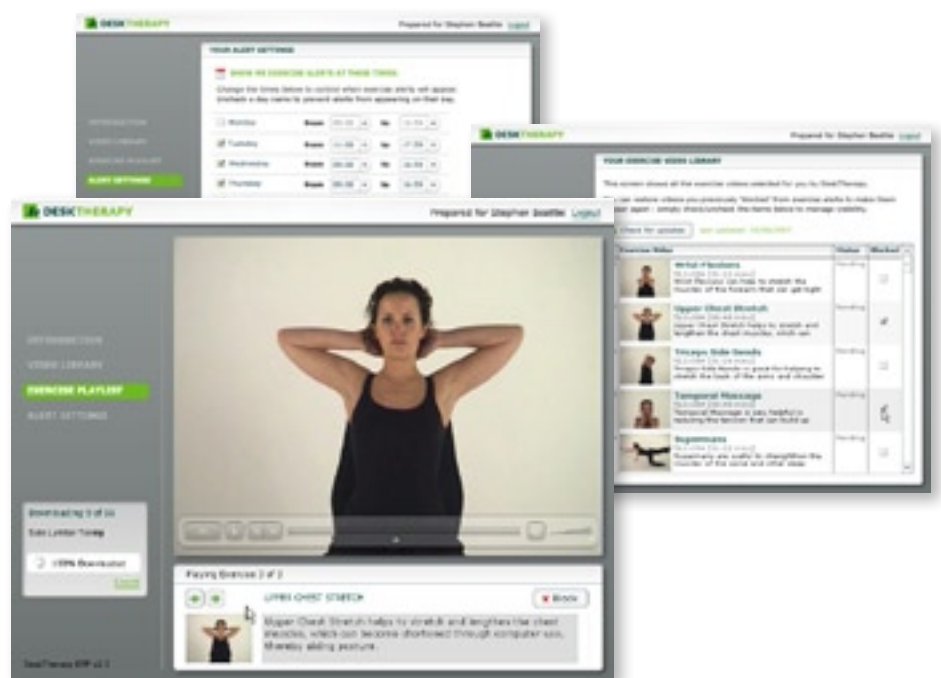
To find out more about DESKTHERAPY and for up to date information about our products and services, please visit [www.desktherapy.com](http://www.desktherapy.com)

## HOW DOES DESKTHERAPY WORK ?

DESKTHERAPY is a subscription based service. Users register online and are guided through a concise and comprehensive health questionnaire building up a detailed individual picture of the users occupation, lifestyle, health status and particular MSD problems. Based on the answers the user provides, the website will prepare a tailor-made sequence of desk exercise videos chosen to meet the user's specific needs.

## DESKTHERAPY EPP SOFTWARE

DESKTHERAPY Exercise Programme Player (EPP) is the desktop application component of the DESKTHERAPY service. This simple, easy-to-use software manages the download and playback of desk exercise videos selected for each user. DESKTHERAPY EPP uses 'exercise alerts' to remind users to repeat the exercises regularly to improve their effectiveness.



### Unobtrusive operation

- Runs at system startup and minimises to system tray
- Sleep function for exercise alerts for when it's not convenient

### Full control over exercise alerts

- Choose the days and times on which exercise alerts appear
- Decide the number of exercises to participate in each time
- Block/Unblock exercises you don't like or your health practitioner discourages

### Exercise video player

- Play, pause, seek and skip alert playlist videos.
- Watch a exercise videos on demand without waiting for an alert.
- Watch downloaded videos offline - no buffering etc.