



Information brochure chair massage at companies



Chair massage into your business

Chair massage is a pressure point massage for neck, shoulder, back, arms and hands in a specially designed ergonomic chair. The massage is given by a professional and licensed masseur. The employee can keep all clothes on. The massage lasts for 20 minutes and takes place at your office in an open area or in a room.

The effect of chair massage

Chair massage improves blood circulation that will make you feel fitter and will improve your concentration. The masseur is also able to detect early overload and anticipate physical complaints. This will prevent worsening minor discomfort and this approach will help to prevent absenteeism at work.

In addition to physical health, chair massage can also be looked at as a nice fringe benefit, a sign of care and a gift from the employer to the employee. It therefore has proven to have a positive effect on job satisfaction of employees.

For whom

Chair massage is particularly meaningful for employees who work long in the same posture. That may be behind a computer in the office or intensive programming.

Yet chair massage can actually also be carried out on a field, where much physical work or employees who are travelling by car for many hours a day.

Chair massage can be essential to prevent physical symptoms caused by overuse of certain bodyparts.

You will find the chair masseurs Topfit
across all kind of companies

www.topfit-fysiotherapie.nl



Cooperation with the physiotherapist and HR officer

The chair masseur has direct contact with the employee and can signal physical complaints in a very early stage and give advice how to prevent further worsening of the complaints or advise about further action.

Stress can also cause physical complaints and chair massage can also be of great value to signal psychological problems or problems at the a more broad work related level.

Because of this, the early identification of possible complaints, the employee may be referred to social workers in the (para) medical sector. If necessary, arrangements can be made with HR, the employer or the occupational physiotherapist. Of course, privacy is always guaranteed and for information to be exchanged, the explicit approval of the employee is always essential

Chair massage from Topfit is as an extension of your absence management

Please note:

A sick employee will cost your company up to € 400 per day! (Source CBS)
But with a budget of € 200 per employee the same employee can be massaged every month!!

www.topfit-fysiotherapie.nl

member of:



Pilot?

Start with a Pilot for a few employees!

We will take all the work out of your hands!

You hire us to provide chair massages and we relieve you by taking care of all the planning and scheduling of the chair massages.

Together we agree on the frequency and we define the goals. We then perform the massages in a quiet place in your company.

Our masseurs

The quality of the masseurs is monitored through an annual supervision by TouchPro® Europe which is affiliated with the professional association KaTa. We have a nationwide network of practitioners, so we will always be able to provide you with locally established masseurs!

Your investment

The costs of the massages are determined by the manner in which it is offered to your employees.

Payment can be made by the employer or you can choose for a mixed construction of payment partly through the employer and partly by the employee.

Some companies even choose to have employees pay the massage themselves, yet provide the time by offering massages at work.

Of course, the first option has the many advantages of fringe benefits as earlier mentioned, which the latter does not provide.

Demonstration or quotation

Convince yourself of the benefits of chair massage and ask for a quote or a free demonstration for a few employees within your company.

For more information

call Martijn Poort at 06 575 706 38 or our office 038 303 1010.

You can also send an e-mail to: martijn@topfit-fysiotherapie.nl

