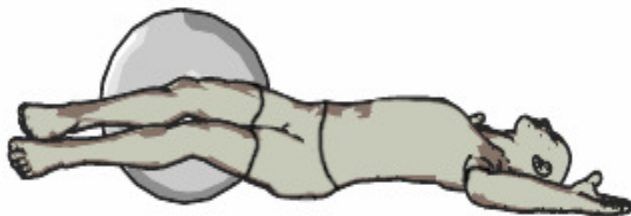


Flex Exercise Database

IS.....

- Easy to use
- Developed by NZ Physiotherapists
- The most up to Date
- Comprehensive
- Useful for Gym Groups
- Expandable— you can add more exercises

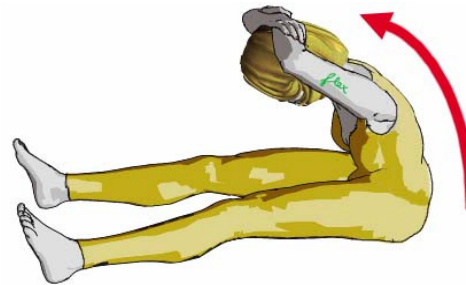


Credits Go To:

Graeme Moginie: Dip Manip Thera.Adv
Dip Physio Manip. Thera

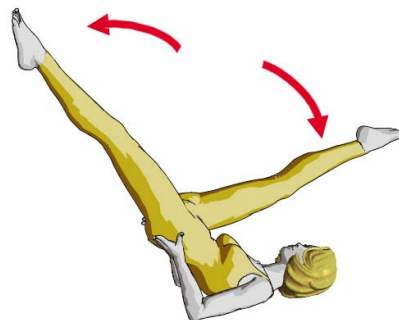
Dusty Quinn: Masters in Physiotherapy
PGDip.Man.Physiotherapy

Antony Bush: MBA Dip Manip.Ther. Dip
Exercise prescription



This exercise software will:

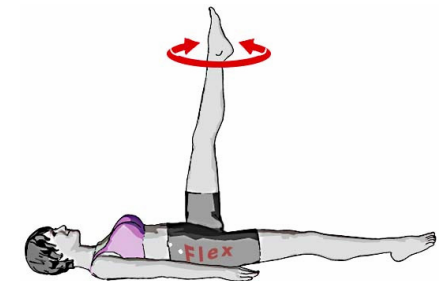
- Allow you to personalise prescriptions for your patients
- Keep an historical log of all your prescriptions
- Lets you find groups of exercises according to body part or type of exercise.



HOUSTON MEDICAL

New Zealand Software Corporation Ltd
6 Pembroke Lane, Hamilton. P.O. Box 1459, Hamilton
Ph. +64 7 834 9354 Fax +64 7 834 4450
Web: www.houstonm.com Email: Houston@nzsoft.co.nz

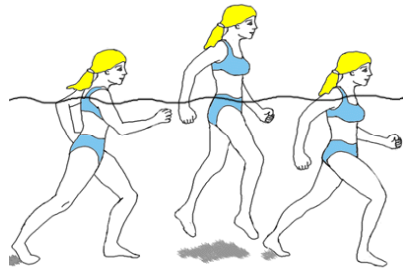
Exclusive Agents for:



Flex Exercise Database

*Software Solutions for
Health Professionals*

For use by Physiotherapists :Chiropractors:General Practitioners
Aerobic Instructors: Osteopaths Pilates Instructors: Anyone who
prescribes exercises



Flex Exercise Gallery includes Hydrotherapy

Flex! Is a series of exercise drawings, set up by a group of Specialised Physiotherapists.

The latest exercise Techniques have been employed.

Flex comprises 3 different views:

- **List View:** A simple list with Exercise Descriptions this view has no pictures
- **List With Pictures:** A list with thumbnail pictures beside each description
- **Big Picture:** A larger view of the picture that also shows the part and type fields.

Exercises can be selected by:

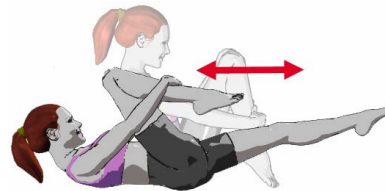
- **By entering numbers:**
Each exercise has a unique number. Select the one required from a printed list.
- **By Body part and Exercise type:**
Click on the Find by type button which will take you to a query screen.
- **Selecting Exercises from the Body Menu:**
Click the button of one of the body parts in the Body Menu screen, there are two body pictures one has the spinal area only the other the body.

Flex Database includes exercises

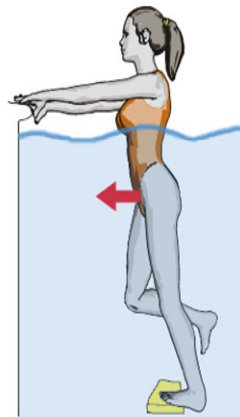
Reflecting real injury patterns and frequency

Includes standard regimes for rehabilitation programmes

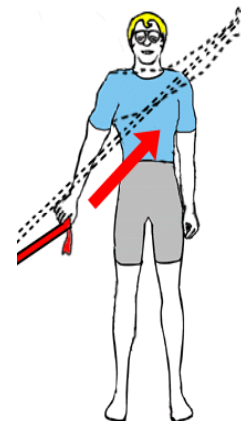
Swiss Ball



Pilates



Hydrotherapy



Theraband

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