

What is REGENERATION Station ?

REGENERATION Stations are a new innovation developed by Michael Lawrance & Associates and Fasttrak Performance. In elite sporting organisations, the concept of "Prehab" or "Prehabilitation" has revolutionised the way injuries are managed. Rather than waiting for injury to occur and then focussing on rehabilitation, the concept of **prehab** refers to the implementation of basic exercises and stretches that are known to assist in injury avoidance and minimisation. The **prehab** routines have been very successful in the sporting arena.

A REGENERATION Station is a designated area in a workplace where employees may perform **prehab** routines. This is not heavy exercise, but rather specifically chosen activities to strengthen and protect joints and body structures most at risk in a given workplace.

The station is developed specifically for each workplace, after a thorough evaluation has been conducted.



What is the process?



What does each REGENERATION Station involve?

Each station is different, depending on the type of work being conducted and the nature of the facility. Stations can vary from 3 x 3 m in size with almost no equipment, to much larger spaces with more equipment and resources if necessary. Some of the features found in the station may include:

Touch Screen Exercise Educators

The touch screen interactive contains information and short video clips covering all of the stretches and exercises that staff may use for their **prehab** program. This makes it easy for staff to remember the correct exercises and the way they should be done.

The screens also have an interactive human body so they may simply touch the area of the body that feels tight, and the interactive provides suitable stretches.

Resistance Tubing

Rubber tubing of various resistance levels is used for the **muscle activation** exercises that form part of the **prehab** routine.



Physio Aids

Various physio aids may be included in the station depending on the work type. These generally assist with joint mobilisation. (photos from ultimateshearers.com/products)



How do staff use the REGENERATION Stations ?

The use of the station is determined by the employers in consultation with Michael Lawrance & Associates. In most cases, employers make use of the station voluntary, although some workplaces may require workers to use the station and data from the touch screen can record this.

However, the stations are usually seen as enjoyable, and staff will quickly feel the benefits of the muscle **activation** and muscle **relaxation** activities which may include stretching, strengthening and breathing activities.

Activity is **self paced**, and the posters and touch screens allow workers to learn and follow the basic principles of **musculo-skeletal self management**.