

WHAT'S YOUR JOB?



Physiotherapist Active Health Services Ltd, Timaru

Name: Simone Greig **Age:** 40
Role & Company: Physiotherapist
Active Health Services Ltd, Timaru
Qualifications: Diploma Physiotherapy, Otago
Salary Range: \$40-\$70K

What's your Job? The majority of my work in our clinic involves acute injury management, acute back care, core stability education, exercise prescription in our on-site gym and post-surgical rehabilitation. I often visit work-sites to assess and provide recommendations for their work-station, environment and ergonomic /manual handling education.

How did you get the job?

I have been involved as an employee and employer in Private Physiotherapy clinics in the South Canterbury area for the last 16 years. I have been an employer and/or self employed for 9 years and Active Health Services Ltd is the result of 3 individual Physiotherapy clinics merging together to form what we have today – Active Health Services Ltd. This is unique in the fact that like minded competitors effectively have combined their skills and knowledge to provide a better service for our community.

What is a typical day for you? The make up of my day is generally dictated by appointments that have been pre-booked anywhere from 1 day to 2 weeks in advance. I can be doing anything from hands-on treatment, exercise based activities

to work-site assessments, so my day is varied and certainly interesting

Describe the Perks of your job?

Really for me, it's being involved in a team of physiotherapists that work together for the common goal of the client and/or company and that I can work the hours that suit my lifestyle, getting that work/life balance is important for me and my job allows this to happen. The team here at Active Health Services Ltd are all incredibly supportive, positive, and good fun too, which makes for an ideal working environment. We have great weekly in-services that are really helpful, especially for new employees and each new employee is given a mentor to encourage, support and assist them.

Are their any mundane parts?

The paperwork is not great but we have a new software system in place that allows us to do all our notes on the computer which is great – no paper, wonderful!

What has been your most satisfying moment so far?

Watching and being involved in the formation of a new and expanding company, where all the team members are continually trying to improve our services and 'be the best of the best'. Our company mission states "strive for excellence" and I can honestly say we all want that for our clients, staff and ourselves.

What personality traits or skills are a must for a job like yours?

As a physiotherapist, I believe you need compassion and a genuine desire to achieve a successful outcome for your clients. It is extremely rewarding to work with your client through their rehabilitation and achieve the goals that you have set together. Patience is also a positive attribute. You certainly meet some challenging and interesting characters as well as meeting some fabulous personalities that definitely leave an impression on you. Listening, a willingness to learn, having an empathy with people and being a good communicator are also essential skills.

Any advice for people wanting to get in to this industry?

If you have a genuine interest in working closely with people, have a science background and have good communication skills then possibly this is the job for you. Once qualified, ensure you find a company who will offer support and on-going training as this is really important for your growth as a physiotherapist.

What is the next step for you?

Recruit more physio's, both nationally and overseas which will enable us to expand our successful business model further. I personally look forward to being a part of this and to extending my knowledge in all areas of the business.

See the advert below for a great opportunity with Active Health Services.