



**BIOKINETICS SA**  
LIFE THROUGH MOVEMENT



## BIO + KINETICS = LIFE THROUGH MOVEMENT

### WHEN SHOULD YOU CONSULT A BIKINETICIST?

#### If you:

- suffer from a chronic disease such as heart disease, hypertension, arthritis or diabetes
- suffer from orthopaedic conditions that prevent you from optimising your quality of life
- had surgery and are finding it difficult to recover fully
- suffered an injury which continues to hamper your ability to function optimally
- have recurring sport injuries
- require exercise as part of a weight-management programme
- are sedentary and need to increase your physical fitness levels
- need to improve your general physical abilities through exercise



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## A BIOKINETICIST'S PRIMARY FUNCTION IS TO IMPROVE YOUR QUALITY OF LIFE THROUGH EXERCISE AND MOVEMENT.

### WHY SHOULD YOU CONSULT A BIOKINETICIST?

- Because a biokineticist is an important member of the medical team involved in your rehabilitation
- Because a biokineticist is an expert in prescribing scientifically-based exercise programmes, individually designed to assist you with your condition. In a sense, the “medicine” prescribed by a biokineticist is exercise
- Because, through regular health-risk screenings, a biokineticist may reduce your risk of developing silent degenerative clinical conditions such as heart disease

Regardless of age, there is strong scientific evidence that being physically active can help people lead healthier and happier lives. Research has shown that people who do regular physical activity have a lower risk of developing chronic degenerative conditions such as heart disease, type 2 diabetes mellitus, stroke, and some cancers.

### WHAT IS A BIOKINETICIST?

Biokineticists are healthcare professionals, registered with the Health Professions Council of South Africa, who have spent five years at university, including completing an internship, to achieve their professional qualification.

Biokineticists are also trained to evaluate and measure: body posture, body composition, heart rate, blood pressure, blood glucose and cholesterol levels, lung function, physical fitness, muscle strength, endurance, power, flexibility and related health screenings.

### HOW TO FIND A BIOKINETICIST

The Biokinetics Association of South Africa (BASA) – the professional body that represents approximately 1100 biokineticists throughout South Africa – maintains a list of registered biokineticists on its website.

Log on to [www.biokinetics.org.za](http://www.biokinetics.org.za) and click on the “Find a Biokineticist” link. Alternatively, call BASA on **012 644 1506**.

### WILL MY CONSULTATION WITH A BIOKINETICIST BE COVERED BY MY MEDICAL AID?

Because biokineticists are allied medical professionals registered with the Health Professions Council of South Africa, most medical aids will cover the cost of your biokinetics consultation and treatment.