



BIOKINETICS^{SA}
LIFE THROUGH MOVEMENT



BIO + KINETICS = LIFE THROUGH MOVEMENT

FEEL THE POWER OF PHYSICAL ACTIVITY

Research has shown that people who do regular physical activity have a lower risk of contracting many chronic diseases, such as heart disease, type 2 diabetes, stroke, and some cancers. In addition, there is strong scientific evidence that physical activity can help individuals of all ages to lead not only healthier but happier lives.

This is the world of the biokineticist.



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WHAT IS BIKINETICS?

Biokineticists are:

- HPCSA-registered practitioners and are an important component of the modern multi-disciplinary medical team.
- concerned with preventive healthcare, the maintenance of physical abilities and final-phase rehabilitation.
- trained in the use of scientifically-based exercise and physical activity programmes to assist patients to:
 - improve their physical wellbeing and quality of life
 - lower their risk of developing and/or manage non-communicable diseases (NCDs) and chronic diseases of lifestyle (CDLs)
 - improve their sport and athletic performance, and
 - recover after injury, surgery or illness.

Biokineticists play an important role in health promotion (through advocating regular exercise) and disease prevention (through regular health screening). Most large medical aids use biokineticists to screen for chronic conditions like hypertension, diabetes and hypercholesterolemia.

HOW TO FIND A BIKINETICIST

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.

WHEN SHOULD YOU REFER YOUR PATIENTS TO A BIKINETICIST?

If they:

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

Log on to www.biokinetics.org.za and click on the “Find a Biokineticist” link.

Alternatively, call BASA on **012 644 1506**.