



Home

Problem

Solution

YorPhysio

YorPhysio WorkCare

Physiotherapy & Preventive Care Program,
Designed for sedentary workforces.





Introduction

The way we work today has changed, but our bodies haven't adapted to it.

- 8–10 hours of sitting every workday
- Neck, back, and shoulder discomfort becoming common
- Poor posture and non-ergonomic setups
- Pain addressed only when it becomes severe

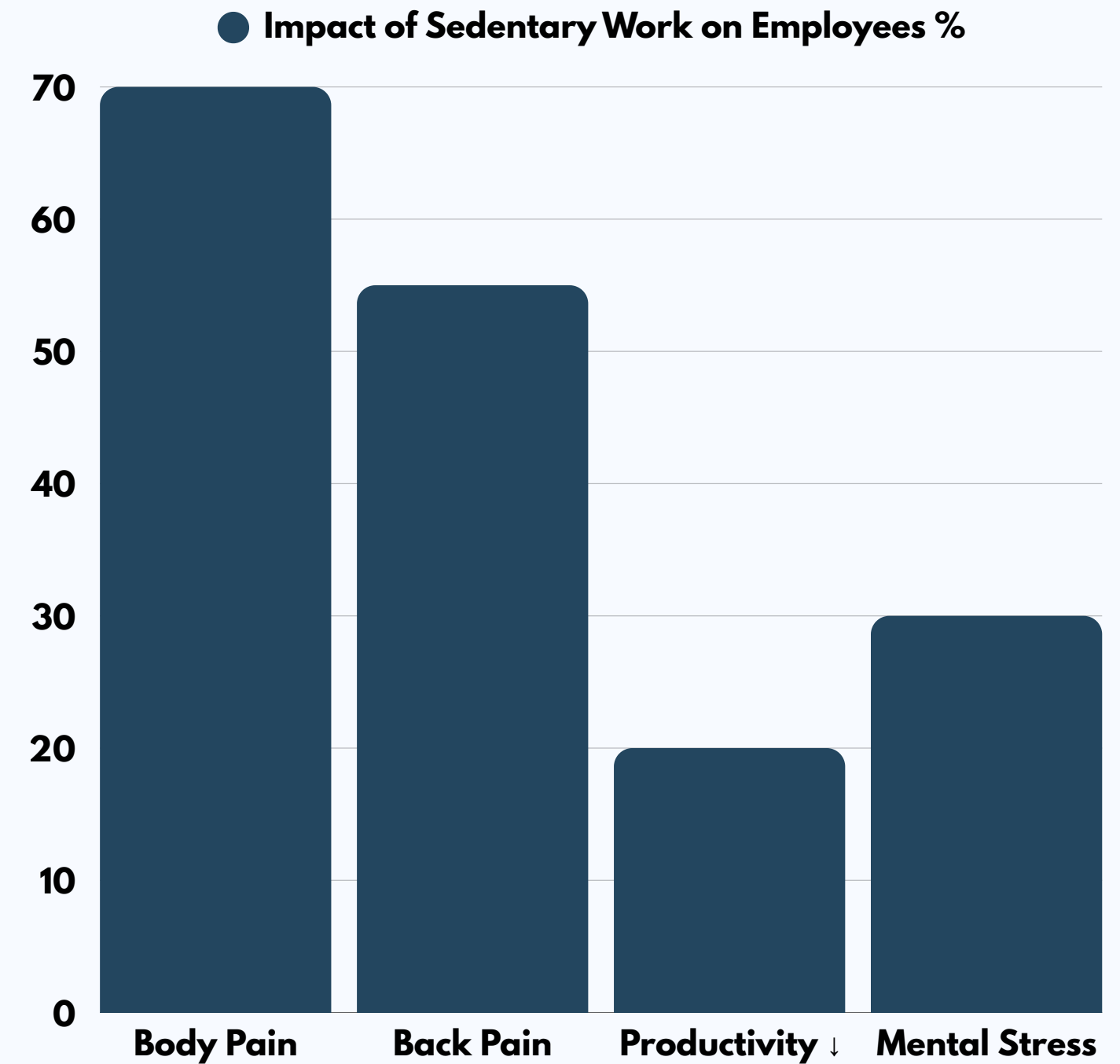




Why This Matters

Sedentary work leads to physical discomfort, reduced focus, and increased mental stress among employees.

Addressing these issues early is essential to protect productivity, engagement, and long-term workplace health.





Why Most Wellness Programs Fail

Most wellness programs rely on fixed packages and one-time sessions without proper assessment or personalization. As a result, real employee discomfort often goes unaddressed, limiting long-term impact.

Fixed packages, not personalized care

Most providers offer pre-designed programs instead of understanding workforce needs.

One-time sessions without continuity

Activities like fitness or yoga sessions are conducted once, with no follow-up or progression.

No assessment or pilot validation

Programs are rolled out without evaluating risks or testing what actually works for employees.

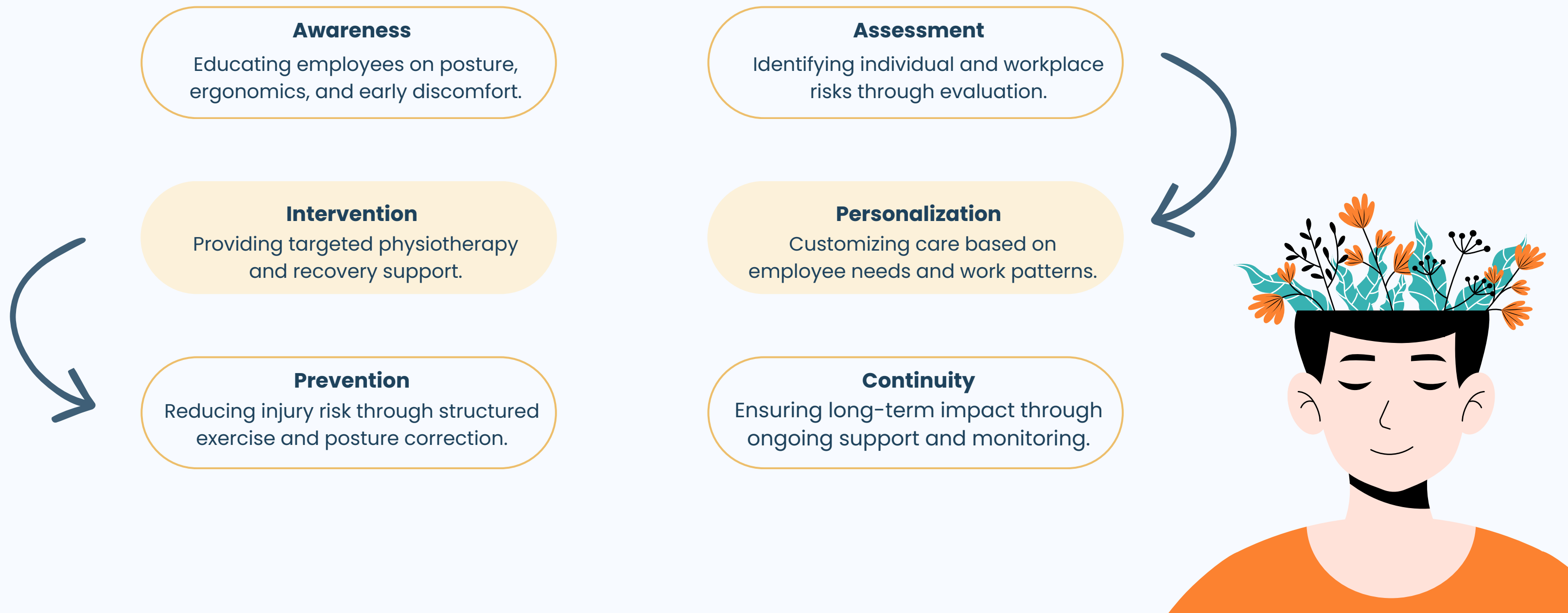
Employee discomfort

Without individual evaluation, employees with real pain or posture issues continue to struggle silently.



Our Approach

A Smarter Approach to Workplace Care





What We Deliver

Physiotherapy and recovery support for the modern workplace.

Awareness & Education

Free physiotherapy & workplace ergonomics session

On-site Physio Support

Qualified physiotherapists on-site and One-on-one sessions

Stretch Lab

Clinzor-designed recovery and mobility format , Supported by a guided Stretch Lab video



Assessment & Audit

Workplace ergonomic audit and Annual one-on-one employee evaluations

Preventive Programs

Quarterly injury prevention & posture correction sessions

Inclusive Care Benefits

Online consultations for employees & family

And more, based on workplace requirements.



SIGNATURE PROGRAMS

Specialized care designed for the most critical workplace needs.



Clinzor Stretch Lab

A structured recovery system — not a generic stretching session. Targets desk-related strain (neck, back, hips, shoulders)



Clinzor MotherCare

Specialized care for pregnant and post-partum employees , Focus on pain relief, posture support, and recovery



Why YorPhysio

CLINICAL CREDIBILITY

Program designed & overseen by Dr. Jabir T T, PT Senior Indian Men's Football Team Physio. Expertise in sports & orthopedic rehabilitation, Proven experience in corporate wellness programs Only qualified professionals deployed All programs clinically monitored for quality & consistency

How we work

Understand your workforce, Validate needs through a focused pilot and Design a tailored long-term program . Implement with minimal disruption to daily work and Monitor participation and employee feedback and Continuously refine the program for lasting impact



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Getting Started with YorPhysio

A simple way to begin supporting employee health and comfort.

