

# Make your best move yet.



Tim loves to dance while WFH.  
Until his next head flick  
gets his neck into a twist.



AUSTRALIAN  
PHYSIOTHERAPY  
ASSOCIATION



Tim is a 31-year-old IT manager living with two of his best mates. He's super sociable, always the one to start the Mexican wave and has a ripper sense of humour. Tim's friends definitely wouldn't consider him a 'dance floor' guy, but when his song plays, he can't help but get into the groove.

Tim might have a sweet deal working from home, but his not-so-sweet desk setup made his famous head flick dance move a pain in the neck. That's why visiting an APA physio for pain treatment, prevention and home setup advice was Tim's best move yet.



Keep doing the things you love when WFH.  
Make your best move yet with an APA physio.  
Scan the QR code to check out Tim's story.

