

# Blaauw & Partners Biokinetics

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1 Rue de Jacqueline Street  
Somerset West

Phone: +27(21) 8527148

Blaauw and Partners Biokinetics started in Somerset West in 1995 with Prof. Bokkie Blaauw and wife Becky Blaauw. Prior to this Prof. Blaauw was at Stellenbosch University Biokinetic Centre for 23 years. He was also very involved with Doc Craven with the coaching of the Maties and Springbok rugby teams. Since 1995 the practice has flourished into a well-established Biokinetic practice working closely with other medical practitioners. What is Biokinetics? A biokineticist is a special exercise therapist that functions in professional alliance to health and medicine, and is recognized by and registered with the Health Professions Council of South Africa. What does a Biokineticist do? A biokineticist improves a person's physical status and quality of life through individualized assessment and exercise prescription in the dual context of clinical pathology (acute and chronic) and performance enhancement. Biokinetics is the profession that uses individually prescribed exercise as a way of preventing medical disorders related to insufficient physical activity and/or for rehabilitating injuries and disease. Biokineticists are registered with the Health Professional Council of South Africa. Their service fees are claimable from Medical Aids and they are generally specializing in: Disease prevention by reducing the risk factors for chronic disease, by means of using

comprehensive pre-participatory lifestyle analysis and individualized exercise prescriptions. Using physical exercise for people with one or more of the chronic diseases-obesity, heart disease, osteoporosis, diabetes and so on to accomplish final-phase rehabilitation. Fostering elite performance in sport on the basis of comprehensive fitness assessments, individualized, sport-specific exercise programs and ongoing monitoring. Scope of Practice Services offered at Blaauw and Partners include: Rehabilitation of Sport Injuries with latest isokinetic technology Sport specific testing and program design Pre and post -operative rehabilitation Spinal (neck and lower back) rehabilitation Orthopedic (knee, shoulder, ankle, hip, elbow, wrist) rehabilitation Lifestyle, weight loss and wellness management Cardiac and Stroke patient rehabilitation programmes. Chronic conditions such as diabetes, cancer, hypertension, Parkinson's, arthritis, respiratory disorders, obesity and muscular dystrophy Hydrotherapy exercises Body composition and Posture analysis Sports massage Treatment of child related injuries and diseases Discovery Vitality, Momentum Multiply, Sanlam Reality, Nedlife become, Camaf and Bankmed assessments

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