



Live Stronger, Live Longer: LOW BACK PAIN

DISEASE BURDEN



An estimated 1 in 6 Australians suffer from chronic back pain.



Those with low back pain experience poorer quality of life, psychological distress, bodily pain and disability.



Back pain costs the Australian Health System \$4.8 billion each year, and is the top reason for early retirement and lost work productivity.

WHO ARE WE?

We are a clinic of Accredited Exercise Physiologists; with experience in musculoskeletal, neurological, metabolic, mental health conditions and healthy ageing. With over 40+ years of collective experience, we aim to get our clients moving better and feeling better throughout their lifespan.

REFERRALS

We can accept referrals and provide services under the following:

- Medicare TCA/CDM
- Aged Care Services
- Workcover
- NDIS

HOW CAN EXERCISE HELP?



The most recent Australian Clinical Practice guidelines recommends reassurance, self-management and exercise rehabilitation for the recovery of non-specific low back pain. When compared to no treatment, usual care (provided by a GP) and a placebo, exercise was shown to reduce pain and disability in patients.

WHY SEE AN EP?



Working through a person's fear towards exercise, we create highly individualised exercise programs based on a comprehensive analysis of patient history and the biopsychosocial model. We analyse movement to rectify mobility or movement dysfunctions that may be leading to extra stress on the low back; helping patients get back to the activities they love.

THE COMPLEXITIES



Severe symptoms of back pain can occur without "pathology" and some patients with "pathology" have no symptoms at all. Positive outcomes can occur with and without pathology. Most importantly, avoiding movement can create a fear response and exacerbate pain and stiffness. Exercise is a proven way to avoid long term complications and disability.

Clients wishing to access a private health fund do not require a referral, however medical history and clearance provided by a GP gives us vital information.