



East Gosford
Physiotherapy
& Exercise
Physiology

OUR PHILOSOPHY FOR PROVIDING A **SOLUTION TO** **BACK AND NECK PAIN**

02 43237499
24 Brougham st East Gosford

mail@eastgosfordphysio.com.au
www.eastgosfordphysio.com.au



The Problem

In Australia, back pain is the second most common condition presenting to GPs and 80% of the population will have a significant episode of back or neck pain (Anderson 1999).

We are also aware of the impact back or neck pain can have on people-knowing it disrupts lives, stops them working and enjoying life.

We are also very aware that 84% of people, tend to have another episode of disabling pain within a year (Hide 2001). This is often because their pain has settled but the underlying problem has not.

We also know that when people suffer from back pain their stabilising muscles or inner core muscles can become inhibited and weak and do not spontaneously recover when their pain settles. This leaves them vulnerable to re-injury and a reoccurrence of pain.

It is common for people to tell us, their pain has settled down but frequently reoccurs, as they have not been provided with a solution to the problem.

Treatment directed at your pain and stiffness is really important as it makes you feel better and settles the pain. This is what you may have typically received from your physio, chiro or masseuse. It involves manipulation and massage of your joints and muscles and feels good. It is what you would expect when you are in pain. Unfortunately this is often only a “band aid” treatment and if your pain returns and you go back to the same therapist for the same treatment, repeatedly, (because it feels good) then unfortunately you are not having the problem treated for long term resolution but rather short term relief.





Does this sound familiar??

I am guessing it does, and we hear this from our patients all the time and, they are often “sick” of having the same problem continually treated.

East Gosford Physiotherapy & Exercise Physiology take a different approach and will help you to achieve a **SOLUTION**, NOT just a quick fix.

THE FIRST PART OF THE SOLUTION.

We will provide you with the acute treatment needed to “remove your pain”. Pain makes you miserable and stops you enjoying life so we need to do this first. We do this after careful assessment of you and your situation.

We will tell you -

- i) What is wrong
- ii) How we can help

We will then provide treatment to remove your pain. Depending on how long you have had your pain, this may be a variable time frame but our highly trained physiotherapists will attempt to tell you how long this may take.



If you have successfully been through this before, you will know how great it feels when your pain goes away. BUT you may also know that feeling of disappointment, when the pain comes back (often quickly with a simple movement or posture!)

So, if you have not changed any of the factors in your life that may be causing your pain in the first place, it is not surprising that your pain reoccurs.

This combined with the fact that we know back pain weakens your core muscles and that this does not spontaneously correct when your pain settles.

Your back is weak, vulnerable and you are often moving incorrectly!
Your pain will reoccur.

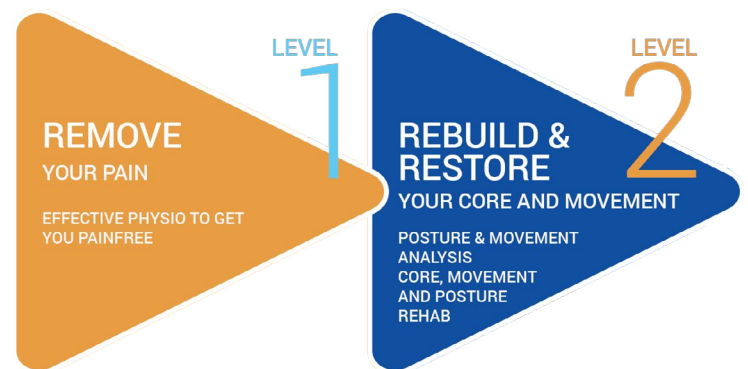


So how do we stop this cycle?

The Long Term Solution

Firstly, we need to look at your underlying movement and postural issues so we can identify the problems and eliminate them. We do this with a **Posture and Movement Analysis**. Your physiotherapist will use cutting edge technology and screening tools to look at “how” you are moving. This will help your physiotherapist advise you on what you need to do to **Rebuild & Restore** your core and movements.

If we remove your pain but not change the factors which put you into pain, (like poor core stability, poor postural habits or poor movement patterns and weakness) we would not be doing our job. This process of removing the pain and rebuilding and restoring your core and movement will make you feel great.



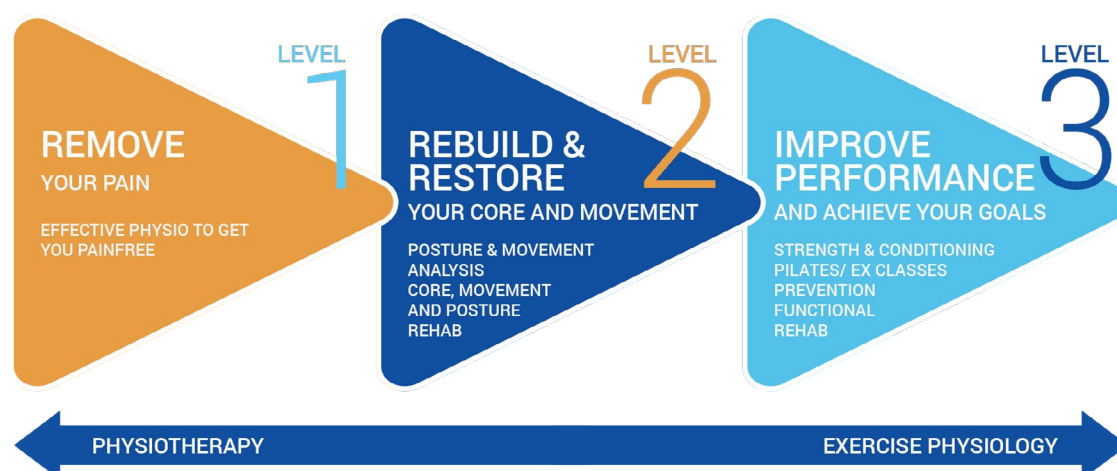
Prevention/Strength & Improved Performance – Staying Motivated

Feeling great can often lead to a loss of motivation to continue with the preventative aspect of the programme as we further improve your performance and help you achieve your goals.

Your physiotherapist will use the **Posture & Movement Analysis** to help develop a pathway for you to achieve the goals you mutually agree upon. This pathway document is something unique to you and your condition and it shows where you have come from (pain) and shows where you are heading (improved performance, without pain) by achieving your goals.

This pathway document can be very helpful to keep you motivated whilst you continue to work on strength and conditioning. This is level 3 of your pathway, and is often managed by our highly trained **Exercise Physiologists**.

Your **Physiotherapist** will provide you with options of how you would like to move into Level 3 of our **Back Pain Solutions** programme. This may involve individual or group exercise to encourage you to continue with a self-management plan or a home programme.



Ask your physio if you are ready for our Bounce Back Program, which has been clinically proven to help resolve back pain.

In Summary

We hope you can see that our Pain to Performance philosophy does more than just get you pain free. It keeps you pain free.

By developing exercise habits and an “exercise for life” mentality, you can be confident that you have beaten your pain and can get back into the life goals you have set for yourself and improve your performance in these life goals.

Good luck and.....What are you waiting for? Grab hold of that goal you have set for yourself and enjoy life once again.

