

The Healthy Back Patient Journey

Australia's leading back pain treatment

Physiotherapy Treatment

Initial Consultation

Physiotherapist conducts full examination of back condition and suitability for Healthy Back Solutions.



Referral to Healthy Back Solutions

Introductory Healthy Back Session

Commence familiarisation of treatment under close supervision of the exercise physiologist. Track progress of every movement via monitors.



Develop Reconditioning Treatment Plan

Prepare targeted, individualised treatment program to achieve best results in shortest time.



Best Practice Review

Review other patient treatments via central database for ideal treatment protocol based on patient's specific needs, age and other contributing factors.



Healthy Back Assessment

Record condition at commencement of treatment via patient questionnaire, and testing of strength, range of movement and flexibility of stabilising muscles against 'normal' data ranges for age group.



HEALTHY BACK TREATMENT PROGRAM (6, 9 or 12 weeks @ 2 sessions per week)

Phase 1. Orientation

Improve spinal movement, co-ordination and endurance of supporting muscles. Close, professional supervision by exercise physiologist at all times.



Relaxation and stretching at clinic and home supplement treatment.



Track progress of every movement via monitors.

Phase 2. Adaptation

Coordination and endurance further improved. Loading gradually increased within pain limits. Gradual, safe and pain-free increase in loading throughout.



Gradual, safe and pain free increase in loading throughout.

Phase 3. Exercise

Increase loading systematically to improve spinal stabilisation and muscle control.



Close professional supervision by exercise physiologist at all times.

Phase 4. Optimisation

Optimise and harmonise coordination, mobility and endurance of lower spine and neck.



Reassessment after 12 sessions.

Healthy Back Maintenance Program

Continue with maintenance program at clinic to retain back health.



Final Healthy Back Assessment

Review results of reconditioning via patient questionnaire, testing strength, range of movement and flexibility of stabilising muscles against initial levels and 'normal' data ranges for age group. Determine ongoing requirements to maintain back health.



Healthy Back Checkup

Return in 6 months to check back health.