



**EFFECTIVE
TREATMENT OF YOUR
LOW BACK PAIN**



City YMCA Clinic
Ph 961 0236

Bishopdale YMCA Clinic
Ph 360 3606

Benefits of completing the spinal stability exercise programme:

- Stabilise your spine
- Increase your core strength
- Improve your confidence
- Correcting causative factors that may relate to on-going pain and recurrent episodes of low back pain
- Specific training for your back



What others had to say about the assessment.

"I was amazed at how much more flexible I was even after the first warm up session."

"The programme was set at just the right level not too difficult and not too easy."

"I found working in a group was fun and quite motivating."

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BOOK YOUR
Assessment today

Muscle People Physiotherapy

EFFECTIVE TREATMENT OF YOUR LOW BACK PAIN

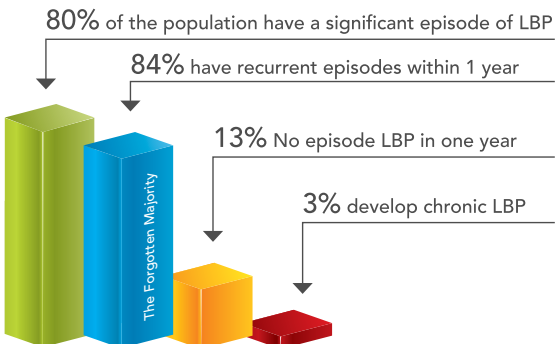


THE LATEST TREATMENT

A new, exciting and effective approach to resolving and preventing your low back pain. Based on the most recent research emphasising the importance of the combination of pharmaceutical medicine, hands-on techniques and, most importantly, exercise.

Muscle People has aligned itself with world authorities in this area and has designed a specific Low Back Pain programme for acute and recurrent Low Back Pain clients with the emphasis on correcting the causative factors which have contributed to their injury.

The graph below shows that 80% of the population have a significant episode of low back pain. What is of a concern is that whilst your acute low back pain may resolve, the likelihood of recurrence within one year is 84%. These numbers can be significantly reduced.



MAKE DYNAMIC STRENGTH YOUR GOAL



The programme is designed to move you beyond pain to a place where you are confident to move in dynamic activities and to significantly decrease your rate of recurrence.

Whether this is your first episode of Low Back Pain or have on-going issues, this programme is for you.

EVIDENCE

Research shows that exercise based programmes that focus on improving core and back muscle strength dramatically reduces the recurrence of back pain. The evidence shows that those that undergo a specific spinal stability programme are almost three times better off.

WHO IT HELPS...WHO SHOULD DO IT?

Our Spinal Stability exercise programme is designed for male and females of all ages with back, or neck pain, or with core and postural weakness.

This is a progressive exercise programme accumulating over 8 weeks developing strength and mobility through to dynamic functional level. The programme allows for all fitness and activity levels to participate.



WHAT IT INVOLVES

It is a specific small group exercise programme carried out by a Physiotherapist addressing core stability and spinal muscle control, progressing into exercises in positions that cross over to every day life.

The programme commences with four one on one physiotherapy sessions to deal with your individual needs. This will cover a Biomechanical and Posture Assessment ensuring correct activation of core muscles and individually prescribed strengthening and mobility exercises.

You will also be taught the necessary exercises required for group classes.

Our programme involves a one-hour a week class over an eight week period, with a specific home exercise programme to be completed on two separate days.



**Don't leave it to chance –
Call Muscle People now.**

Ph 961 0236

musclepeople.co.nz



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