



**ADVANZ HEALTH**

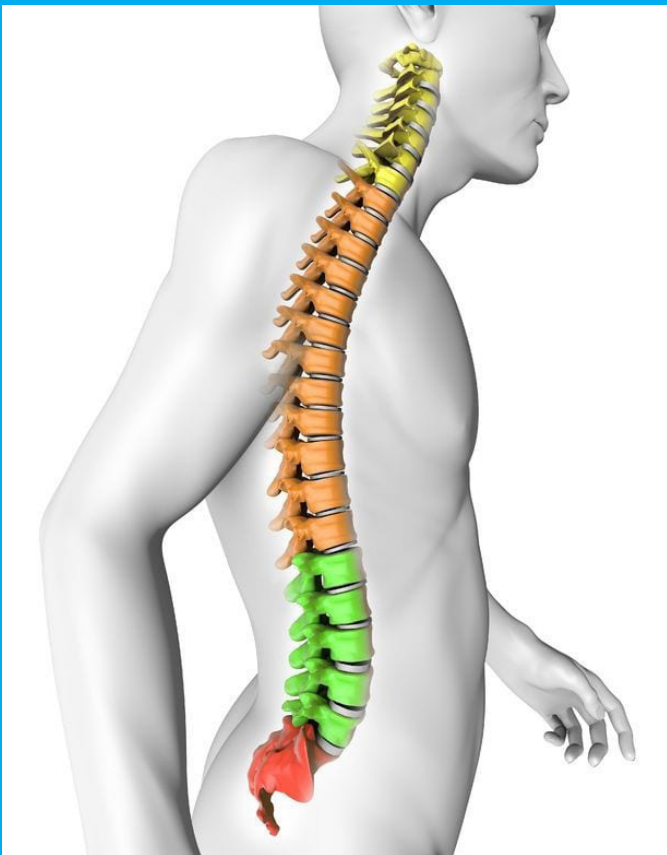
SPORTS MEDICINE | PHYSIOTHERAPY

# BETTER BACKS PROGRAM

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Sports Medicine & Physiotherapy

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# BETTER BACKS PROGRAM



Advanz Health specialises in treating back pain. Our Better Backs Program is designed to give you fast relief and long term results for your spine. We use a 5-step approach to a healthy spine, with detailed assessment, accurate diagnosis, scientifically proven treatment techniques and an individualised plan. Our specialised program proves to change the lives of people suffering back pain every day.

# STEP 1- COMPREHENSIVE ASSESSMENT & ACCURATE DIAGNOSIS

## WEEK 1: 2 PHYSIO SESSIONS

- 1 hour one-to-one assessment where your physio will review your history, read any reports or imaging, assess your body mechanics, posture and function. Using real-time ultrasound technology, we will assess your core muscles. We will also implement early strategies to relieve your back pain.
- Step 1 is important because your physio needs to know what they are treating. Your back pain is NOT the same as the next person and a one size fits all approach does NOT work. Back pain has many causes, and long-term outcomes require accurate diagnosis.

# STEP 2- HANDS-ON TREATMENT & EARLY EXERCISE

## WEEK 2 & 3: 4 SESSIONS (PHYSIO AND EXERCISE PHYSIOLOGY)

- Your physio will apply hands-on treatment targeted at your specific injury to relieve symptoms and improve your functional movement.
- Using specific hands-on treatment techniques (dry needling/acupuncture, massage, joint manipulation) helps change injured tissue and restore movement quickly. Specific exercise is an essential part of treatment and recovery and improves spinal control.



# STEP 3- FUNCTIONAL MOVEMENT AND EXERCISE (ONE-ON-ONE)

WEEK 4-5: 4 SESSIONS

(PHYSIO AND EXERCISE PHYSIOLOGY)

- Your physio will work with you to optimise your strength, movement and function relevant to your daily life & sport of choice. Here we change the poor patterns which have caused your injury. This phase is performed one-to-one with your physio/movement-specialist and will strengthen and balance your body.
- Treatment on back pain without specific prescription of exercise is like a bandaid for a broken bone.

# STEP 4- SMALL GROUP PILATES CLASSES

WEEK 6-9: 2 CLASSES PER WEEK

- This step creates permanent changes to strength, control and even brain function relating to your body and how it moves.
- Small group strength classes are an incredibly fun and effective treatment to achieve full body results and decreased recurrences of your pain and injury.

# STEP 5- COMPLETION

## FINAL PHYSIOTHERAPY CONSULTATION TO ENSURE LONG-TERM PREVENTION

- This is your reintroduction to full functional activity. In the completion phase, we get you moving & being better than your pre-injured self, and your physio will help you return to your activities of choice.
- You will be given an ongoing program to ensure long-term spinal health.

**Value ~~\$1705~~**

**Cost: \$1450 (15% saving!)**

**Health insurance rebates available  
(Payment plans available on request)**

### **OUR GUARANTEE:**

**If you don't get a result in 10-weeks,  
we will keep treating you for FREE  
until you do!\***

*(\*T's & C's apply)*

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