



Introducing BJC Low Back Pain (LBP) Management Program

Join us and take control of your health!

Our specialised program is designed with the following goals in mind:

- Reducing chronic back pain
- Minimising dependency on pain medication
- Enhancing core stability and strength
- Improving posture and mobility
- Boosting confidence in what your back can do
- Reducing the perceived need for surgical intervention

Embarking on the Journey

1. Initial Evaluation: Begin with a joint consultation with our skilled Physiotherapist and Exercise Physiologist to develop a personalised plan and determine your suitability for the program.

2. Tailored Treatment Options: Choose the path that suits your needs:

- Option 1: Exercise Physiology only
 - 6 x One on One Exercise Physiology sessions for focused attention and supervision and specific exercises tailored to your needs.
- Option 2: Physio and Exercise Physiology
 - 4 x One on One Physiotherapy sessions for Pain Relief
 - 8 x Group Exercise Sessions with Exercise Physiologist

We will be able to guide which option is most appropriate after you have the initial assessment.

3. Education and Support: Access our LBP and Lifestyle Management workshops through our BJC Connect platform to learn more about managing your condition effectively.

4. Program Review: Conclude with a detailed review session to evaluate your progress and discuss long-term management strategies.

Investment:

Initial Assessment and Program Coordination

- 45-60 minutes with our Exercise Physiologist & Physiotherapist = \$236

Program Options:

- Option 1: Exercise Physiology only = \$1,068
 - 6 x 45 min sessions with an Exercise Physiologist
- Option 2: Physio and Group Exercise
 - 4 x Physiotherapy Consults
 - 8 x Group Exercise Sessions
- Program Review and Outcome Measurement = \$1,214

Rebates

Potential rebates may apply with suitable private health insurance cover, especially for all one-on-one consultations. Please presume that rebates for the program involving supervised exercise group sessions will NOT be provided.

Optimising Outcomes:

- Set Clear Goals: Understand and define clear, realistic expectations for what the program can achieve.
- Continuous Support: Depending on your progress, additional one-on-one sessions may be recommended to maximize outcomes, discussed and approved beforehand.

WHAT LIES BEYOND THE PROGRAM?

- Continued Care: If you achieve positive outcomes, we will collaboratively devise a plan to maintain an active lifestyle and regular exercise regimen.
- Ongoing Learning: Continue to enhance your understanding of your body, focusing on weight management, improved sleep habits, and maintaining a positive mindset.



Frequently Asked Questions (FAQs)

How is success measured?

We will use specific functional scales and movement pattern assessments tailored to low back health.

Is upfront payment required?

Yes, upfront payment is necessary to ensure commitment and accountability, crucial for achieving the best outcomes.

Can I pause the program if necessary?

If you need to pause the program due to travel or other valid reasons, we can accommodate such requests with reasonable notice. Other circumstances will be handled case-by-case.

Is a virtual option available for the program?

Yes, we offer virtual consultations and educational workshops to provide flexibility and convenience, although in-person assessments are recommended for precise measurements.

Unleash Your Potential.