

Relieve Your Back Pain



Introduction

Back pain is a common condition is often given many names, (lumbago, mechanical low back pain, sciatica). It is however surprisingly simple to offer safe, effective and long lasting treatment.

Red Flags

These are signs of serious conditions affecting the spine – You should have completed the red flag assessment on the front page to ensure you do not have these.

No Red Flags

Most back pain resolves within 6 weeks even if you do very little.

Pain killers that can help are available from your local chemists and supermarkets.

As with all medication, be sure to read the instructions carefully.

If this fails patients will often resort to Massage, Acupuncture, Osteopathy and

Chiropractic therapy.

If these treatments work, further help may not be needed.

However, many patients continue to complain of pain and we believe it is these patients that we can help most.

DBC Low Back

This treatment is conducted at our specialist clinics.

An initial comprehensive assessment is completed and entered into the software. This defines your problem and offers a treatment plan that is tailored to your requirements.

Patients attend twice a week for 6, 12 or occasionally 18 weeks.

Each session takes around one hour and involves the use of the DBC equipment that carefully trains the core muscles of the spine, returning them to health.

Upon completion, a further assessment is carried out and the results can be compared.

The DBC Machines



The DBC low back machines can be seen here.

The machines keep patients out of their painful range of movements.

The machines are carefully adjusted to the patients' body and the information is stored for all of their treatment periods.

