Patient Journey

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

Introductory GetBack 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.

GetBack 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.

GetBack 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.

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.

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Phase 3. Exercise
Increase loading systematically to improve spinal stabilisation and muscle control.

Reassessment after 12 sessions.

Phase 4. Optimisation
Optimise and harmonise coordination, mobility and endurance of lower spine and neck.

GetBack Maintenance Program
Continue with maintenance program at clinic to retain back health.

GetBack Checkup
Return in 6 months to check back health.

Final GetBack 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.