



Reclaim your life
and live free from
back and neck pain.



Musculoskeletal
treatment with
proven results

The **DBC Active Spine Treatment System**, used for treatment of long-term back and neck problems was developed in Finland over the past 20 years. Today, the DBC network provides treatment in more than 22 countries on five continents.

Separating fact from fiction

- Most people with back or neck pain do not have major spine damage.
- Very few people with back or neck pain have a slipped disc or pinched nerves. Even a slipped disc usually heals by itself.
- Most changes in X-ray or MR Imaging are normal changes related to age, like when hair turns grey or skin gets wrinkly.
- Even with today's technology, doctors cannot determine an overriding cause for back or neck pain. Serious disease or damage to the spine, however, is rare. Very few patients need surgery for back or neck pain.
- Most pain arises from the discs, muscles, ligaments and joints in the spine. They are simply not functioning as they should, especially when lifting heavy loads or when put under pressure.
- Emotional stress can increase the amount of pain you feel. Tension can cause painful muscle spasms.
- The answer to back and neck pain is to get the affected areas into functional condition and become physically fit!

What is active treatment and rehabilitation?

Active rehabilitation uses exercise as a method of treatment. The aim is to restore normal function to the back and neck. For most patients the pain decreases during the active treatment period. An inter-disciplinary approach (medical doctors, physiotherapists, biokineticists and occupational therapists) is utilised to achieve results in conjunction with DBC Active Care Conditioning Equipment and treatment protocols.

You may need active rehabilitation if any of the following symptoms occur:

- Your pain is intensive/unrelenting;
- You cannot manage your daily activities;
- The pain occurs often; and
- The pain is prolonged or continuous.

After a doctor confirms that you do not have a serious pathology that warrants surgical intervention, an individual treatment programme can be designed. It consists of carefully planned exercises and guidance on how to deal with the problem and live a normal life. Even if you have had previous surgery, a treatment program can be designed.

Evaluations and Measurements

Questionnaires and measurements are used to assess the severity of the back or neck problem and to design an individual treatment program. The duration and content of the program may vary depending on the type and severity of the problem. The DBC systems are completely evidence and outcome based with a current success rate in excess of 85% after an average of 3-9 weeks' treatment.

Treatment

The treatment consists of active exercise with appropriate weights and motion. Guidance on how to use the spine and lead a normal life is an important component of the treatment. The exercises are targeted at the trunk muscles of the spine, helping to restore mobility and control. Relaxation is an essential part of the program. After the initial treatment, you receive a home program on how to maintain the results long term. The attending doctor can follow your progress based on regular check-ups.

Some facts about back and neck pain

- Back and neck pain is very common. Four out of five people suffer from pain at least once during their lives.
- Back or neck pain is usually not caused by any serious illness or damage.
- Most of the pain resolves quickly; at least enough to continue normal activity.
- Half the people who get back or neck pain experience recurrent pain within two years. Still, this does not necessarily mean that it is a serious condition.
- If the pain is intense you may need to reduce your activity for a while; although bed rest for more than a day or two usually does more harm than good. Stay active!
- People who recover the fastest and cope the best are those who stay active and continue with normal activities. The human spine is designed for movement.
- If the pain is prolonged or recurs often, active rehabilitation through exercise is highly recommended to recover lost function and gain relief from pain.

Remember

The DBC Treatment System can be used for most types of back and neck pathology. The treatment is cost effective and the majority of costs are covered by medical aid schemes.