

BACK AND NECK REHABILITATION PROGRAMME



The Back and Neck Rehabilitation Programme helps members living with chronic back and neck pain treat the cause of their pain.

Together with the services provided by **Documentation Based Care (DBC) facilities** nationwide, this programme improves quality of life by:

- reducing back and neck pain
- improving musculoskeletal functionality
- helping avoid unnecessary surgery



Spinal surgery should be the last resort for any chronic low back pain. Conservative treatment, such as the specialised exercise therapy offered by DBC facilities, should be considered first-line treatment for back and neck pain that has persisted for more than 12 weeks.

DBC facilities are the only practices in Southern Africa that are licensed to operate the specialised therapeutic equipment and carry out the protocols that will help treat the cause of your chronic back and neck pain. The DBC system is also completely evidence and outcomes based. Pain decreases in 93% of patients, while 83% of patients indicate they have functional improvements allowing them to perform daily activities more easily after completing the DBC protocols.

Benefits of this conservative treatment approach

- 01 Can be as effective as surgery to help with pain reduction
- 02 Lower risk and complications than spinal surgery
- 03 Avoid painful recovery period after surgery
- 04 Sustainable, long-term solution
- 05 Prevents damage caused by long-term use of pain medication



What you can expect from the Back and Neck Rehabilitation Programme

You have access to nationwide DBC facilities that provide conservative treatment for back and neck pain.

The programme has the unique approach of using a multidisciplinary team with extensive training in the internationally standardised DBC protocols as well as specialised equipment. This helps to ensure safe, effective treatment that is personalised to your individual needs.

Your treatment and progress will be monitored by this multidisciplinary team consisting of a doctor, physiotherapist and/or biokineticist.



Treatment

Depending on the intensity of the therapy required, treatment could range from a professionally prescribed exercise programme that you complete at home to a 6-week programme that requires you to only attend 1-hour exercise sessions, twice a week at a DBC facility.

For more details on the Back and Neck Rehabilitation Programme call 0860 105 104.

Please note: The programme does not cover the costs of X-rays, scans and prescribed medication – funding will be dependent on benefits available.

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