



Newsletter

Better Back Program

The Better Back Program is specifically designed for back pain patients who need a highly structured, individual, and research-based program to regain mobility, strength, core stability and general fitness.

Who will benefit

- Back pain sufferers in need of increased core stability and strength to regain function.
- De-conditioned patients in need of an increase in independent activity and fitness levels.
- Worker's compensation patients who have reached a plateau with hands on therapy and management.
- Chronic pain sufferers who are becoming more inactive and pain focused.
- Patients who have had orthopaedic surgery for lumbar spine problems and need more active intervention.
- Post natal women needing to regain core stability and strength.
- Back Pain patients needing to lose weight and improve fitness to reduce blood pressure, depression and fatigue
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What is Involved

This comprehensive program involves a detailed 1 hour initial assessment followed by the implementation of a structured exercise and rehabilitation program.

June Edition

Better Back Program

Youtube Plantar Fasciitis Taping

Optimal Chair Setup

Youtube Tennis Exercise

Product of the Month

Massage Special

ACTIVE PHYSIO HEALTH

33 Off Street, Gladstone

07 4972 5155

41 Bell Street, Biloela

07 4992 5037

3 Captain Cook Drive, Agnes Waters

07 4972 5155

www.activephysiohealth.com.au

To learn more about how our Better Back Program can work for you, click here:

[BETTER BACK PROGRAM](#)

Youtube – Plantar Fasciitis Taping



Optimal Chair Setup

Correct sitting posture is an essential ingredient to preventing spinal injury and fatigue.

The basic features of a good chair are:

- height adjustable
- pelvic tilt on seat
- lumbar support

Here are some great tips to help you get an optimal chair setup:

- Adjust the height of your chair such that your knees are level or just below hip height and that your feet are flat on the floor.
- If your seat has a pelvic tilt, this should be set to a slight forward incline to promote a natural inward lower back curve.
- Move the lumbar support so that it fits snugly into the curve of your lower back. This will help to prevent lumbar strain and helps to maintain a straight spine and neck whilst seated.
- Never sit with your legs crossed! Crossing at the ankles is a preferable alternative.



Youtube – Clinical Pilates Assisted Crunch Exercise



Product of the Month

Strassburg Sock

The Strassburg Sock is a safe, simple and highly effective product for the treatment of plantar fasciitis heel pain.

Normally \$ 85.00

Now \$76.50



Refer 2 friends to **Active Physio Health** and you will receive a

FREE MASSAGE on us!!!

We have great remedial massage therapist available, and they also do after hour appointments