



## Treatment Pathway – Patient Education Handout

The East Gosford Back Pain Solutions Protocol is aimed at not just giving you a “Band-Aid” for your back and neck pain, but solving the problem.

- Your physio will ask you “What is your ‘**ULTIMATE GOAL**’?”
- What you would like to achieve from your treatment?
- Your physio will set up a **PLAN** or **PATHWAY** to achieve this **ULTIMATE GOAL**  
E.g. running, gardening, driving to Sydney, walking for 30 minutes

**Whatever is important and personal for you to achieve.**

The Back Pain Solutions Protocol has 3 components:

### **Level 1 - Pre-Bounce Back**

- To get you out of a pain cycle and improve your flexibility (you have already started this)

### **Level 2 - Bounce Back – Inner Core and Postural Correction**

- Start you on the pathway of better core stability and postural awareness.
- This can be individually applied in the clinic or offered in a cost effective class

### **Level 3 - Bounce Back Plus – Outer Core, Prevention, Strength & Conditioning**

- To get you stronger and work with your improved core stability
- Apply it to the real work – to achieve your **ULTIMATE GOAL**.
- At this stage, we like to include our **Accredited Exercise Physiologist** to provide you with a progressive exercise plan.
- If pain is persisting, our physios will also stay involved.
- Our goals are to:  
MAINTAIN your improvement  
PREVENT recurrence  
HELP you achieve your ultimate goal

**REMEMBER NOT A BAND-AID – SOLVING THE PROBLEM**