



INACTIVITY MAINTAINS PAIN

GIVE YOUR PATIENTS THE OPPORTUNITY TO GET OUT OF THE RECURRENT PAIN CYCLE.

- We are passionate about improving our patient's quality of life through a structured rehab pathway, including manual therapy and exercise.
- Extensive gym, pool and Pilates facilities for rehabilitation.
- One size doesn't fit all. Tailored programmes to meet individual needs.

EVIDENCE BASED

- Exercise is beneficial for the majority of musculoskeletal pain conditions, including chronic neck disorders, osteoarthritis, rheumatoid arthritis, fibromyalgia, myofascial pain and chronic low back pain.
- Lower-intensity exercise programmes are frequently recommended based on patient tolerance, but recent research also shows benefits with higher-intensity exercise.
- Acute changes in pain, either increases or decreases, at the initiation of an exercise programme do not necessarily predict the long-term response. For example, individuals may experience a slight increase in pain at the start of an exercise programme, followed by decreases in pain with increasing exercise frequency.
- A supervised exercise programme is recommended.
- Compliance is improved by combining exercise with motivational programmes or cognitive-behavioural therapy.

REFERENCES

1. Andersen LL, Kjaer M, Sogaard K, Hansen L, Kryger AL, Sjogaard G. Effect of two contrasting types of physical exercise on chronic neck muscle pain. *Arthritis Rheum* 2008;59:84-91.
2. Busch AJ, Brber KA, Overend TH, Peloso PM, Schachter CL. Exercise for treating fibromyalgia syndrome. *Cochrane Database Syst Rev* 2007;CD003786.
3. Fransen M, McConnell S, Bell M. Exercise for osteoarthritis of the hip or knee. *Cochrane Database Syst Rev* 2003;CD004286.
4. Hayden JA, van Tulder MW, Malmivaara A, Koes BW. Exercise therapy for treatment of non-specific low back pain. *Cochrane Database Sys Rev* 2005;CD000335.
5. Kay TM, Gross A, Goldsmith C, Santaguida PL, Hoving J, Bronfort G. Exercises for mechanical neck disorders. *Cochrane Database Syst Rev* 2005;CD004250.

EXERCISE
PROGRAMMES

EXPERIENCED
PHYSIOTHERAPISTS

EXCELLENT REHAB
ENVIRONMENT

PATIENT EDUCATION

BIO FEEDBACK

TWO LOCATIONS

Cameron Pools
55 Arundel St
Mt Roskill

Jellicoe Pools
10 Park Gardens
Onehunga