

# EXERCISE AS MEDICINE FOR LOWER BACK PAIN & GENERAL MUSCULAR INJURY

## DEFINITION

**APPROXIMATELY 80% OF ADULTS WILL EXPERIENCE LOWER BACK PAIN IN THEIR LIFETIME. STRUCTURED EXERCISE IS AN EFFECTIVE INTERVENTION TO REDUCE THE REOCCURRENCE AND IMPROVE SYMPTOMS DURING A FLARE UP OF LOWER BACK PAIN. CHRONIC LOWER BACK PAIN CAN LEAD TO DEPRESSIVE EPISODES AND REDUCED QUALITY OF LIFE.**

## THE ROLE OF EXERCISE AS MEDICINE

*Years of dedicated research has led to effective exercise medicine prescription for many chronic conditions. Adherence, capacity for work and motivation are all crucial elements in the successful treatment of **MUSCULOSKELETAL INJURIES**. Our gold standard prescription to ensure exercise medicine adherence, increased motivation and work capacity is three sessions a week.*

## Why Chronic Care Australia?

### CHRONIC DISEASE TRIAGE

Individual pathologies and treatment schedule reviewed in line with the clinical referral. Recommendations made for coordinated allied health team care treatment, and referrer response regarding treatment plan and expected program outcomes.



### PRESCRIPTION, PROGRAM DESIGN & PLANNING

Chronic Care Australia has a unique system of care that ensures better outcomes and prevents disease. We have developed a clinically proven prescription that effectively treats Australia's top eight mental and physical chronic conditions.



### PATIENT MONITORING & PROGRESSION

Clients are routinely monitored and observed: Daily mental and physical presentation is assessed prior to each session. Appearance, heart rate, blood pressure, blood sugar levels, FEV, mood/mindset, fatigue/energy levels, RPE, sleep quality are assessed via a short pre-admission survey.



## Specific exercise medicine outcomes



Whole person healthcare. Consistent observation and monitoring of symptoms and health indicators.



Prescription adaptable to daily presentation.



Greater awareness of posture and specific muscle activation.



Improved circulation and systemic benefits. Improved capacity and perceived outcomes when performing cardiovascular intervals.



Improved strength and range of motion. Better recovery post surgery.



Improved posture, mobility and confidence to engage in incidental exercise and activities.



Improved psychological profile including reduced symptoms for depression, anxiety and PTSD. Reduced feelings of anxiousness in lead-up to surgery.

## EXERCISE AS MEDICINE FOR THE PREVENTION, MANAGEMENT AND TREATMENT OF CHRONIC ILLNESS & INJURY



**50%** of all Australians have at least one chronic condition. Currently mental and physical conditions are treated in isolation to each other both at primary care and specialist health care levels.

At Chronic Care Australia we work with our referring GPs and specialists to treat, manage, prevent and monitor the mental and physical elements of patients conditions.

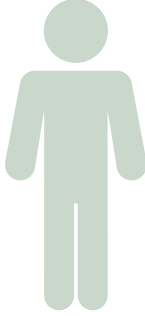
*“Exercise as medicine is the cheapest clinically proven medicine that over 50% of the population don’t take. The other 50% who do meet the World Health Organisations guidelines for activity could better protect themselves against chronic illness with the correct dose of exercise medicine to meet their genetic and lifestyle induced risk factors”.*

KATIE STEWART BHMS ESSAM  
MANAGING DIRECTOR & CO-FOUNDER  
CHRONIC CARE AUSTRALIA & THE EXERCISE THERAPIST

Chronic Care Australia is committed to reducing the burden of chronic disease in our communities.

Over the past three years we have developed and validated an exercise medicine prescription and delivery system that successfully treats, manages and prevents mental and physical illnesses at the same time.

**NOT ONLY DO 85.3% OF PATIENTS SUCCESSFULLY COMPLETE OUR 8 AND 12 WEEK PROGRAMS, THE PROGRAMS HAVE ALSO BEEN CLINICALLY PROVEN TO;**

- 
- ↓ REDUCE THE SYMPTOMS OF DEPRESSION BY 37.9%
  - ↓ SIGNIFICANTLY REDUCE BLOOD PRESSURE
  - ↑ INCREASE PATIENTS MOTIVATION TO EXERCISE FOR UP TO 300 DAYS
  - ↑ INCREASE PATIENTS CAPACITY FOR CARDIOVASCULAR WORK ONCE ENGAGED IN EXERCISE

REDUCE ANXIETY SYMPTOMS BY



REDUCE STRESS INDICATORS BY



IMPROVE PERCEPTION OF GENERAL HEALTH & WELLBEING BY UP TO



psychology

physiotherapy

exercise physiology

occupational therapy

## How do I access these services and programs?

If you have had one or more of the chronic physical or mental conditions listed for six months or more, please talk to your GP about a Chronic Disease Management plan.

Or simply call one of our friendly staff to find out more. Medicare and Private Health rebates apply for those who are eligible.

### CHRONIC CARE AUSTRALIA IS A;

- + DVA REHABILITATION SERVICE PROVIDER
- + EMERGENCY SERVICES SERVICE PROVIDER

- + NDIS APPROVED SERVICE PROVIDER
- + RETURN TO WORK AND INSURANCE CLAIM REHABILITATION SERVICE

## Whole person healthcare

**COMPREHENSIVE ALLIED HEALTH CARE MANAGEMENT SERVICES AND PROGRAMS FOR WHOLE PERSON HEALTHCARE**



CONNECT



OBSERVE



PRIME



PRESCRIBE