



## Active Systematic Back Rehab Program from Finland



Chronic lower back pain is a real "life spoiler". It always negatively influences quality of life. Because the common favorites past-time activities usually require either repetitive back movements or some static fixation of the spine in a less-than-perfect posture. Even the seemingly easy and non demanding activities such as lifting some very light object off the ground, strolling in the mall, or sitting for hours in an airplane may be just too much for a person with bad back. For this reason, life of chronic back pain sufferers usually become gradually more and more restricted.

Recent studies have clearly shown that back pain inhibits the proper functions of the spinal muscles. These important stabilizing structures shrink in size and become more readily fatigable than the normal muscles. **Such changes do not spontaneously reverse on its own, if no proper exercises to specifically re-activate the spinal muscles are employed.**

In addition, chronic pain may also leads to other problems such as depression, fear of movement, false and unhealthy believes about the pain and etc. Even when the original pain has subsided, most of the time, these secondary problems remains and put the person at risk of recurrent back pain.

*"It is thus reasonable to conclude that effective spinal pain rehabilitation program must consist of both active trunk muscles conditioning, and proper cognitive-emotional support."*

DBC international, from Finland, had invented and continuously developed special equipments and a proprietary standard of systematic back assessment and active rehabilitation program. Parameters such as spinal mobility, back muscle endurance and fatigue, depressive mood, fear avoidance, and other related factors are evaluated. The analysis of such data helps to formulate an individualized treatment plan and to objectively as possible demonstrate measurable progress during and after the rehabilitation process.

Because of such standardization and continuous quality assurance activities, success rate of all DBC clinics any where are similarly approximately 80%. This system of active back rehabilitation is now being used in more than 20 countries around the world to build up the back-stabilizing trunk muscles of chronic back patients. If you are fed up with repeated back pain attacks and limited functional capacity of the back. May be DBC Active Spinal Rehab is just what your back need.

### Testimonial

*"I have suffered acute low back pain since 10 years ago. Before coming to DBC, I went to see an orthopedics doctor but the symptoms did not improve. I can not play hard sports such as tennis because of the pain. It was a big loss in my life. ...The treatments at DBC are to strengthen the muscles and to stretch the body so that body can sustain the back bone. **One advantage is that you do not need to take any medications. I have been in the program for 2 months... treatments at DBC alleviate the pain very much...**"*

Mr. Makoto Kotera / freelance translator

- DBC Spine Clinic & Gym, the rehabilitation medicine clinic that offers you the first DBC active spinal rehabilitation program in Thailand is now opened at 2nd floor, Life Center, Q.House, Lumpini

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