

Lido Spinal Clinic

Measure | Strengthen | Maintain

Contact us today to book an initial back assessment with one of our physiotherapists, or speak to your GP about receiving a referral onto the BOUNCEback program.

We look forward to welcoming you into Lido Spinal clinic.



For more information please visit our website
www.lidospinalclinic.com

Lido Medical Centre | Suite 3.07 |
St Saviour's Road | Jersey | JE2 7LA

Call us on 01534 528285 or 07797 723353

Email: admin@lidospinalclinic.com

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Lido Spinal Clinic

Exercise
Rehabilitation
Has Changed
Forever.

BOUNCEback

The BOUNCEback program is designed for people of all levels of ability, condition and fitness.

One to one sessions cater for all levels of ability, from minor back-pain, or patients recovering from surgery, to people who wish to build and maintain a strong and healthy back, including elite athletes and sports professionals.



We would like to introduce to you an evidence based management program for low-back pain. A functional exercise model brand new for Jersey.



The BOUNCEback exercise program is an Australian designed active rehabilitation system used by specially trained physiotherapists. The graded exercise system has been structured to maximise return-to-work and return-to-activity outcomes for all people from post-surgery through to the elite athlete.

People with back pain often develop a fear of moving. The BOUNCEback program retrains the brain and body by promoting confident client progression and physical control.

Why choose BOUNCEback ?

- ⇒ Focused specifically on back strength and fitness.
- ⇒ Led by trained and qualified physiotherapists.
- ⇒ Personal assessment to establish spinal and fitness needs.
- ⇒ Progress plan based on your needs.
- ⇒ 1 to 1 sessions.
- ⇒ Relaxed and comfortable environment.
- ⇒ Exercises to practice at home.
- ⇒ Backed by research.
- ⇒ Covered by major health insurers.

Program Streams

The exercise program streams cover upper and lower body from early beginners, to intermediate and advanced streams. No matter what your condition or age, BOUNCEback will improve your well-being. Your program will be structured around 8 sessions of 1 hour, each containing 8 exercises, which progressively strengthen your spine and reduce pain.

- **Level 1 (Beginner)**

Back to moving with confidence and control

Retrains the brain with gentle exercises that gradually progress to more challenging movement tasks focusing on the lower back, pelvis. Hips and lower limbs.

- **Level 2 (Intermediate)**

Back to favourite recreational activities

For those who have an appropriate level of spinal stability and for fast-track recovery following hip, knee, or ankle injury or operations.

- **Advanced Program**

Brings all exercise principles learnt in the beginners and intermediate streams together to maximise gains in stability, speed, agility and strength. Proven effective for high achieving workers and sports professionals even at elite Olympic level.