

## **BOUNCE** back data gathering

**Session 1:** Involves collecting patient assessment data including BPI's and RMDQA. All patients receive the same program which has been developed from the database of 300 exercises in order to filter the ones that have been shown to be most effective in retraining correct control and movement in a systematic way.

**Session 8:** We re-measure and collect the data to check the outcomes and explore the progress report with the patient.

This data is pooled and compared to other clinics worldwide to evaluate and improve the effectiveness of the **BOUNCE** back system.

**BOUNCE** back reprograms the 'virtual body' to decrease the patient's fear and avoidance of movement.

Dear Mike

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

There is much concern over the morbidity associated with low back pain (LBP), especially when it becomes a chronic condition. We are aware of the dramatic effect this has on individuals and how disruptive it is, not to mention the economic cost. Whilst acute episodes of LBP often settle, the chance of recurrence within a year is extremely high and with recurrence the risk of chronic LBP with all its associated problems increases.

**Introducing BOUNCE back.** This is a progressive 8 week program consisting of 8 exercises per session. It is a graded active rehabilitation exercise system, delivered in a consistent and repeatable way by qualified healthcare professionals – now available exclusively at **Lido Spinal Clinic**. It draws on over 300 exercises specifically designed to optimise the function of spinal stabilising muscles.

The **BOUNCE** back exercise program is delivered in a one-to-one format. The exercise levels cover upper and lower body from early beginners, through intermediate and advanced streams. The standardisation of **BOUNCE** back is its most important feature. Patients must be able to perform the given sessional exercises before they can progress to the next stages.



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## **BOUNCE back research**

The **BOUNCE back** exercise system has been extensively researched and developed over more than 7 years.

In order to determine the efficacy of the **BOUNCE back** exercise system in patients with spinal dysfunction, an outcomes investigation has been undertaken to validate the **BOUNCE back** method of rehabilitation.

It was found that after only 8 weeks of **BOUNCE back** classes, levels of both pain and disability had significantly improved by  $p < 0.001$ .

Data continues to be collected for patients participating in **BOUNCE back** classes in order to improve their results.



**Lido Spinal Clinic** has aligned itself with world authorities in this area who have designed a specific LBP program for acute and recurrent LBP sufferers. The emphasis is placed on correcting the causative factors that have contributed to their pain. **The BOUNCE back** system we deliver addresses core stability and gluteal muscle control, progressing into postural and functional exercises. It also retrains normal postural sway, which has been proven to decrease and cause spinal rigidity in patients with Chronic and long term low back problems. (Hodges and Mosely, 2003, Hodges, 2004, McGill 2007)

Proven to deliver real results for patients.

- Backed by research
- Proven to work with Acute and Chronic back pain sufferers.
- Available exclusively at **Lido Spinal Clinic**, Jersey.

The dynamic exercise system has been structured to maximise return-to-work and return-to-activity outcomes for all patients from post-surgery and aged patients through to the elite athlete.

Classes are now available at **Lido Spinal Clinic**, led by physiotherapists Paul, Cassie, Hannah and Jane. Please consider **BOUNCE back** when you are presented with a patient with back or neck pain, or with core or postural weakness. We are able to assess your patients and report our findings to you with regard to how our programs can help them. If you have any questions or wish to discuss the **BOUNCE back** exercise system with Paul, please contact us via our email

## **Medical Research**

Studies show that spinal stabiliser recovery is more rapid and complete in patients who undergo a specific stabiliser-retraining program. (Hides 1996, Jull 2004)

Studies show that specific retraining of the multifidus and core muscles dramatically reduces the incidence of episodes at the one year follow-up, with a 30% recurrence rate compared to 84% in the control group and at 3 years a reduction from 35% to 75% (Hides 2001)

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Real time Ultrasound, MRI and EMG studies demonstrate that even a single episode of LBP produces dramatic weakness and incorrect firing patterns in key spinal muscles including the core muscles and multifidus. (Hides 1996, MacDonald 2012, Jull 2004) These deep stabilising muscles are often inhibited and switch off when pain persists resulting in compensatory patterns where larger superficial muscles take over. This will create longer term degenerative changes and recurrent LBP episodes.

## References

**Hides, J; Jull, G; Richardson, C.** Long Term Effects of Specific Stabilising Exercises for First Episode Low Back Pain, Spine, June 2001, Vol 26, Issue 11, pp e 243 – e 248.

**Hides, J; Richardson, C; Jull, G.** Multifidus muscle recovery is not automatic after resolution of acute, first episode Low Back Pain, Spine, Dec 1996, Vol 21 (23), pp2763 – 2769.

**Jull, G; Kristjansson, E; Dall' Alba, P.** Impairment in the cervical flexors: A comparison of whiplash and Insidious onset neck pain patients, manual therapy, May 2004, Vol 9 Issue 2, pp89-94.

**MacDonald, D; Moseley, G; Hodges, P.** People with recurrent low back pain respond differently to truck loading despite remission from symptoms, Spine, Apr 2010, Vol 35 Issue 7, pp818-824.

We would be delighted to invite you to **Lido Spinal Clinic** to discuss the **BOUNCEback** program and to introduce our clinic to you. Please let us know a suitable date and time to meet by emailing [nicky@lidospinalclinic.com](mailto:nicky@lidospinalclinic.com). We look forward to seeing you soon.

For more information please visit our website – [www.lidospinalclinic.com](http://www.lidospinalclinic.com) and the **BOUNCEback** website - [www.bbclasses.com.au](http://www.bbclasses.com.au)



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