Flow Chart

www.healyslowerbackpain.com

(Initial Screening) **NO** Treatable? **YES**

Referral to other Health Professional if required X-rays, blood tests etc

Take analysis sheet of client's background and record

Work out a treatment plan for Client number of sessions required?

Clients Consent

Dry Needling? (Deep acupuncture)

IASTM Instrument Assisted Soft tissue Massage tools

Activator (defibrillates muscle spindles)

Tens machines both Pads and acupuncture (transcutaneous electrical nerve stimulation) (reduces pain response and resets the over stimulation of nerve to muscle connection)

Nautilus Lower back and torso twist machines (resets the neuro pathways of muscle memory)

Yun Jung Do "Yoda Style Rehab. Stretching" resets the postural alignment and stretches ligaments, tendons and muscle in a complete overall system (with a purpose and martial arts flavour)

Nutrition and natural supplements/medicines

Dr Graeme's Massage Machine

Traditional Chinese Cupping

Kinesiology Taping (Rock tape) temporary muscle support system (helps healing process to injured

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"PUTTING IT ALLTOGETHER"
ONE STOP PAIN FIX IT SHOP