



DEATH, TAXES & LOWER BACK PAIN

FIND OUT IF

YOU ARE AT RISK



Death, Taxes & Lower Back Pain-Find out if YOU are at Risk

8 out of 10 adults suffer from lower back pain. In this issue of Talk Back we reveal a simple but effective predictor test of lower back pain.

This test was devised by the Danish spinal expert, Dr Biering-Sorensen. He found that if subjects in his study were unable to maintain the following position for 58 seconds or more, they were more likely to suffer lower back pain in the following 12 months.

The Lower Back Endurance Test

Warning

Please do not attempt this test at home. The explanation provided in this newsletter is designed only to compliment the subject matter and does not replace the professional advice and supervision required.

Subjects in this study were asked to lie face down with their arms folded across their chests. Their buttocks and legs were fastened to a table by wide canvas straps. The subjects were then asked to contract their back muscles so that their upper bodies were cantilevered against the fixed lower body.

As Osteos we treat lower back pain in a different way to other practitioners. Our comprehensive approach to examining every part of your spine, not just your lower back, is the keystone upon we base our hands on approach. We can feel what your spine is doing, we can feel what it cannot do and we can guide it to where it wants to go.

Not only are we experts in treating lower back pain but we compliment our unique approach with strengthening exercises that increase your lower back muscle endurance & strength.

If you suffer from lower back pain and would like to find out how we can help you overcome your symptoms, please call and make an appointment with our Osteos for fast results.

If you would like any advice about any of the information contained in this edition of TALK BACK please contact OHG.

PATIENT GUARANTEE

If you are not 100% satisfied after your first treatment, we'll give you your money back!

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Osteopathy Can Help
Make an appointment today
(03) 9589 3777