

Exercise Prescription

Taking an Active Role in Your Own Care

When you visit your chiropractor, do you ever think of the full array of skills and knowledge your chiropractor can offer? Chiropractors are extensively trained in the assessment, diagnosis, prevention and management of musculoskeletal conditions. To help relieve pain and dysfunction, joint manipulation is only one of many tools chiropractors are trained to perform effectively and safely. However, in order to optimise outcomes, you have an important role to play in supporting your care. Studies have shown that chiropractic adjustments work best and are most effective when done in conjunction with other therapies like exercise training.

Exercise prescription, in addition to passive care such as manipulation and soft tissue therapy, can be an important component to recovery. Here are a few reasons why exercise and movement are an important part of the chiropractic approach:



Increase self reliance: A corrective exercise programme can help you play an active role in your care. It allows for a renewed sense of self reliance and an ability to perform activities of daily living without undue fear or risk of injury.

Decrease fear avoidance: Unless fear of pain is specifically recognised and addressed early, it may lead to fear avoidance behaviour, for example not using your muscles for fear of further injury rather than strengthening them. Resuming normal activities and exercise increases your confidence and, ultimately, improves your recovery.

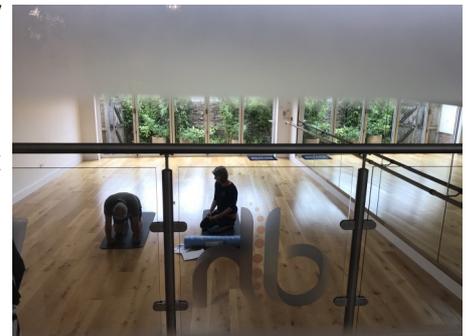
Increase treatment effectiveness: Evidence also suggests that manual therapy (manipulation and / or mobilisation) combined with exercise is more effective than other therapies for patients with musculoskeletal conditions, including neck pain.

Minimise recurrence: The use of exercise in conjunction with manipulation is likely to improve outcomes, as well as minimise episodic recurrence.

Not only is exercise a great tool to prevent injury, it's also an effective way to alleviate pain and improve function for a number of musculoskeletal conditions like low back pain. Being active and mobile is important to our musculoskeletal health and our health in general but it can also help with other therapeutic interventions like the adjustment.

It's best to ask your chiropractor about how an exercise programme can help you.

Our **FlexiCore** classes, lead by our chiropractors, focus on injury prevention and are a great compliment to the treatment received in the clinic. Learn how to move in a way that compliments your body, with a focus on good form and control in movement, using body weight to develop your core strength, balance and flexibility. The beginners class starts at a very basic level with a gentle introduction. In the intermediate and advanced classes, exercises can be progressed quickly to challenge any individual. If needed, these can be accompanied by a free consultation with one of our chiropractors to address any specific issues or worries before attending a class.



We also offer a **One to One** class where your chiropractor can help you tailor exercises to meet your needs and goals.