

# FAQ Spinal Pain



If you suffer Spinal Pain you are not alone. In modern societies 60–70% of the population will suffer at least one episode of debilitating back pain in their lifetime (1). The World Health Organisation identifies hundreds of causes of spinal pain and associated symptoms. Whilst 5-15% of cases require medical attention, for the remaining 85–95%, the specific cause of low back pain is unclear (1). This means that skilled assessment and diagnosis is paramount to the successful management of spinal pain.

## **Spinal Care at CSSM.**

Here at CSSM, we endeavour to provide the highest quality care for your muscle, joint and spine issues. As a multi-disciplinary practice, we are able to provide a multi-faceted approach to your injury to ensure the most appropriate management. Regardless of whether you prefer Physiotherapy, Osteopathy or Myotherapy, your visit will involve the highest standards of care. We successfully treat people of all ages, those who are pregnant, and also professional athletes – aiming to get you to function and perform to your highest potential.

## **What is involved?**

A thorough history will be taken on your first appointment followed by a physical assessment involving looking at your range of motion of your cervical, thoracic and lumbar spines, both active and passive, as well as other orthopaedic testing as necessary. From here, we will determine a tailored treatment plan whether it be manual therapy from your Osteopath, Physiotherapist or Massage Therapist, or strength work via the means of exercises prescription and/or Clinical Pilates.

Our aim is to address all underlying factors that may be contributing to your pain or discomfort, as well as giving you ways in which you can effectively and safely manage your back pain.

## **How long does it take?**

A comprehensive assessment for your initial appointment can take between 30 - 40 minutes. Depending on the nature and severity of your back pain, your treating practitioner will discuss how many and how often treatment may be required.

## **How many treatments will I need?**

After treatment, we expect pain levels to be reduced as well as a general improvement in mobility, flexibility and overall comfort. In most cases, relief can be dramatic and long-lasting – however depending on your specific presentation recovery times may vary. For example, an acute episode of severe back pain may take a few days for significant improvement due to inflammatory processes which occur. Your treating practitioner will discuss timelines, goals and expectations accordingly at your first consult.

## **Making an Appointment?**

Our Osteopathy and Physiotherapy practitioners are experts in providing detailed examination and diagnosis, then providing treatment quickly and effectively. Appointments can be made 7 days a week at CSSM by calling the clinic on 03 9889 1078.



Alternatively appointments can be made via the online portal at our website [www.cssm.com.au](http://www.cssm.com.au)

### Do I need a referral from a GP?

While GP's and specialists seeking the best care for their patients often refer patients to see our team, a referral is not necessary. Both Physiotherapy and Osteopathy are complementary forms of treatment and have positive outcomes when used in conjunction with medical treatment.

### Is treatment covered by my private health fund?

Our treatment is covered under the ancillary or extras cover of most major health insurers. Here at CSSM we are able to provide 'on the spot' rebates via HICAPS. Depending on your level of private health insurance, the rebate amount will vary. We want you to be able to achieve the maximum benefit from your health insurance so we advise checking with your provider. If you have any other enquiries, please contact our reception staff.

### What to wear?

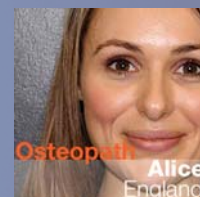
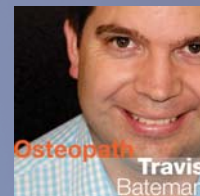
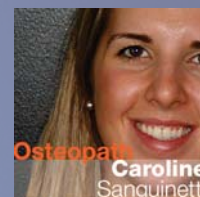
It is best to wear loose comfortable clothing that allow for clear assessment and access to the injured body parts. Shorts are preferred for lower limb issues. Gowns and shorts are available when necessary to ensure you are comfortable throughout your appointment.

1. Duthey, Beatrice, 2013, Priority Medicines for Europe and the World - Background, Paper 6.24 Low Back Pain. Accessed May 2015 ,[http://www.who.int/medicines/areas/priority\\_medicines/BP6\\_24LBP.pdf](http://www.who.int/medicines/areas/priority_medicines/BP6_24LBP.pdf).

### Our Physiotherapy Team



### Our Osteopathic Team



1431 Toorak Road Camberwell 3124 | t/ 03 9889 1078 | [www.cssm.com.au](http://www.cssm.com.au)

### Open 7 Days

Monday 8 am - 8:30 pm  
Tuesday 7 am - 8 pm  
Wednesday 7am - 8:30 pm  
Thursday 7 am - 8:30 pm  
Friday 7am - 5 pm  
Saturday 8 am - 4 pm  
Sunday 9am - 5 pm