

## Which class is for you?

As BOUNCE back classes are highly specialised and focused on the individual, it is recommended that you undergo an assessment by a physiotherapist before taking your first class. This allows the BOUNCE back instructor to fully understand your specific needs to ensure you gain the optimal long term results you deserve. Contact Sports & Spinal Physiotherapy Centres to organise your pre-course assessment today.

Recommended 8 week program cost includes:

- > weekly take home exercise sheet
- > intensive personal group training with physiotherapist.

(Cost may vary between locations and classes)

### Commitment

Unless otherwise directed by your BOUNCE back instructor, you need to commit to 8 sessions over 8 weeks to change how your brain and body work together to improve your core strength and spinal health for the long term.

Covered by Workers Compensation, Veterans Affairs, Third-party and Private Health Insurance. See your BOUNCE back class provider for more information.

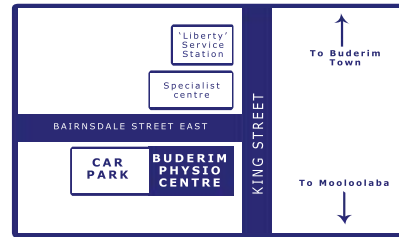
*"Their thorough and innovative treatments have restored a balance and coordination to my physical being that I've been lacking for many years"*

Brian, journalist.

*"Struggling back from injury, these exercises are exactly what I've needed. It's been a godsend!"*

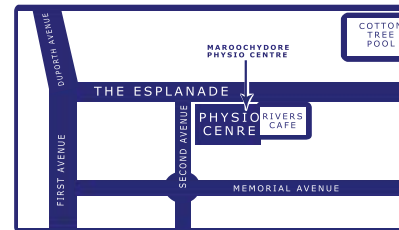
Class participant, Cairns

## Sports & Spinal Physiotherapy Centres



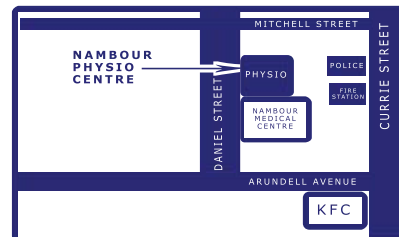
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BOUNCE back classes on the  
Sunshine Coast are provided by  
Sports & Spinal Physio Centres

[www.sportsandspinalphysio.com.au](http://www.sportsandspinalphysio.com.au)

BOUNCE back  
from back and/or neck pain  
BOUNCE back  
from leg injuries and operations

BUDERIM MAROOCHYDORE NAMBOUR  
**Sports & Spinal**  
PHYSIOTHERAPY CENTRES

BOUNCE  
b•a•c•k



spinal strengthening + ball classes

move with confidence  
+ control

return to  
favourite activities,  
work + sport



Retrain your brain and body  
with spinal strength and ball exercise classes  
designed and delivered by specially  
trained physiotherapists

## Research based

The ground-breaking NEW **BOUNCE back** program has been created after many years of research into why back and neck pain often returns - even after lots of hands on treatment, medication and exercise.

Research has demonstrated that subtle changes occur in how our brain and muscles work together following a back or neck injury. The **BOUNCE back** program retrains control and communication between the brain and spine whilst building strength for long lasting results.

## What are BOUNCE back classes?

**BOUNCE back** classes typically consist of an 8 week series of one hour classes with specific exercises - using only balls and elastic bands to progressively improve your core and spinal strength, coordination and balance. This allows you to return with confidence to the activities you enjoy doing or improve the way you do them.



## Protect against re-injury

Unlike many other generic exercise classes, each **BOUNCE back** class is run by a physiotherapist and is limited to a maximum of 8 participants ensuring you receive personal instruction from a highly trained and dedicated physiotherapist. Each week, you also receive an illustrated list of easy-to-follow exercises, with clear instructions, to continue at home between classes.

## The BOUNCE back system

**BOUNCE back** classes have been designed by experienced physiotherapists to cater for all levels of ability and fitness.

Level 1 and 2 classes specifically focus on neck and upper/lower back, hip and limb exercises.

## Level 1

### Back to moving with confidence and control

This class focuses on retraining your brain and muscles with gentle exercises that gradually progress to more functional tasks. It is designed to teach you how to control and conquer your back and/or neck problems whilst giving you confidence to move effectively during the activities in your daily life.

## Level 2

### Back to pre injury work and/or your favourite recreational activities

This class is for those who have completed the Level 1 class or already have an appropriate level of core and spinal stability. These classes will challenge and develop dynamic posture for the neck/shoulder or lower back/hip and limbs so that you will move more effectively.

**BOUNCE back** classes are designed with graduated exercises that ensure you have the strength, stamina and stability to safely return to pre-injury work, and/or get back to your favourite recreational activities with greater core and spinal stability than ever. **BOUNCE back** classes also fast-track recovery following operations for hip, knee or ankle conditions.



### Advanced Level Back to normal work and sporting activities

This class is suitable for participants who have achieved a high level of stability after completing the Level 2 stream.

The Advanced Level is designed with a variety of dynamic and highly challenging upper and lower body exercises that will enable you to build overall body strength and flexibility, whilst continuing to improve core and spinal stability. This class builds the confidence needed for a full return to work and peak sporting activity - knowing your body can now operate at its best.

