

4 Weeks to Better Back

Have you had a troublesome lower back for longer than you care to remember?

Do you think that an 'achy' lower back is just a part of everyone's life?

Have you been putting off getting it treated for too long?

Get back on track with Tokyo Physio's '**4 Weeks to a Better Back**' spinal improvement program.

At Tokyo Physio we have been studying and treating lower backs for over a decade and have used our experience to develop a targeted spinal improvement program **4 Weeks to a Better Back**.

Spend a focused period of four weeks working on your lower back and get back on track towards leading a pain-free life.

We will use a combination of **physiotherapy** from our Australian trained physiotherapists, home base exercises, **sports massage** from our myotherapist and finally **Pilates** from our accredited instructor in our private studio. Combined we will identify the issues **that are causing your back pain and address them**, using a multi-disciplinary approach. All treatments and training sessions are conducted in our Tokyo Physio clinic. All treatments should be **refundable from your international health insurance**.

What is involved?

We will start you on a package of treatments to be spread over four weeks. Although the exact nature of your treatment may vary depending on your presentation and history an outline of the package is included below:

What is the commitment and how many sessions do I need to attend?

The package includes **ten x one hour sessions**, broken down as **seven treatment of physiotherapy, one sports massage and two pilates**.

All sessions are one on one to maximise your improvements.

How much is it?

The total cost is **¥99,000**, which is a **saving of ¥27,000** over our normal rates for the collection of services.

Are the appointment times flexible?

Yes you can choose any appointment time for 7am to 7pm Monday to Friday and 8am-5pm on Saturday.

Where is Tokyo Physio?

Tokyo Physio is located 7 minutes walking distance from Hiroo station. We have a free parking space available with advanced notice. See access instructions [here](#).

What is involved?

See below for a week by week outline of the program.

WEEK ONE

2 x Physiotherapy

1 x Sports Massage

In your first session you will have a session with a physiotherapist who will conduct a thorough **history and physical assessment**, so we can target your program to address the causes of your bad back. Once we have identified and explained the reasons behind your issues we will commencement treatment. While we do not treat to a specific 'recipe' that is the same for everyone, we will often begin with a **mobilisation and flexibility phase** to improve your **spines natural movement patterns** and **increase its range of motion**. We will do this through a combination of manual therapy and a home based exercise program.

We will then schedule a treatment with our sports massage therapist for a **full body deep tissue massage** treatment session to improve the blood-flow and suppleness of the muscles, to **free your spine further to accept the new movements** we are introducing to it with the physiotherapy and home exercise program.

WEEK TWO

2 x Physiotherapy

We will then continue with the physiotherapy to progress your treatment targeting your identified problem areas. We will often commence a **postural conditioning phase**. First and foremost, postural conditioning involves **enabling your body to remain in a better more erect posture without you needing to think about it**. We do this by strengthening the muscles that are too weak to hold your body in a good position and stretching the muscles that are too tight and pulling it into poor postures. You will also notice your **postural awareness improving** and you may even find yourself getting taller! We will be continuing to work on your flexibility and range of motion goals we set out in week one.

WEEK THREE

2 x Physiotherapy

By now you should be noticing the improvements in your back and we will commence **spinal stabilisation training**. Your transverse abdominus and multifidus are muscles that have been identified as being essential for a healthy back. Your physiotherapist will show how to work on these muscles and begin a targeted **pelvic and core stability training program**. We will continue with manual therapy to further progress your spinal flexibility from weeks one and two

WEEK FOUR

1 x Physiotherapy

2 x Pilates

For the final stage of your program we will start you with our **resident pilates instructor** who will take you for two sessions in our **private studio**. You will learn more about **core stability, natural spinal movement, and posture** and be using our range of machines, including a reformer. We will progress your home program, aiming to have you maintain your new back and to keep you pain free for life!

What to do from here?

Call or email us at Tokyo Physio to make your first session or ask for more information on our 4 Weeks to a Better Back program.

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