



Health Funded Program

# KIESER SPINAL PROGRAM

## KIESER SPINAL PROGRAM

*Are you impacted by lower back pain and exploring options to manage your condition and improve your long-term health?*

Build your strength and enhance your overall quality of life with the Kieser Spinal Program.

**The 18-week program is designed to:**

- Reduce pain and associated symptoms
- Prevent or delay spinal surgery (Atlas et al 2001 & 2005).
- Improve your ability to undertake everyday activities.
- Provide a sustainable plan to help self-manage lower back conditions.

The Kieser Spinal Program is fully funded for members of participating funds who have an eligible hospital cover\*.

\* Refer to 'Program eligibility' for full details.

### References:

Atlas SJ, Keller RB, Chang Y, Deyo RA, Singer DE. Surgical and nonsurgical management of sciatica secondary to a lumbar disc herniation: Five year outcomes from the Maine Lumbar Spine Study. *Spine*. 2001;26(10):1179-87.

Atlas SJ, Keller RB, Wu YA, Deyo RA, Singer DE. Long-term outcomes of surgical and nonsurgical management of lumbar spinal stenosis: 8 to 10 year results from the Maine Lumbar Spine Study. *Spine*. 2005;30(8):936-43.

## PROGRAM ELIGIBILITY

To qualify for a funded Kieser Spinal Program, you must meet the program's inclusion criteria, hold eligible hospital cover (inclusive of back, neck and spine, and pain management with device) with a participating health fund and have completed all applicable waiting periods.

### Kieser Spinal Program inclusion criteria:

- Your medical referring doctor (General Practitioner or Specialist) must anticipate that lumbar spine surgery is likely within the next three years and believe that participation in the program could significantly delay, or even prevent the need for surgery.
- Confirmation of a lumbar spine condition through diagnostic imaging is required.
- Your average pain level over the past month must be rated at four or higher on a scale of ten.

*If you have participated in another funded Kieser program within the last 12 months, you will be ineligible to participate in the Kieser Spinal Program.*



### More information?

To learn more about this product or to request a referral form to provide your GP, contact Kieser on **03 8554 1155** or visit **[kieser.com.au/programs](https://kieser.com.au/programs)**.

*Up to 84% of patients may be able to significantly delay or even avoid surgery with appropriate rehabilitation, including physiotherapy and exercise.*

(Atlas et al 2001 & 2005).



## PROGRAM STRUCTURE

*The Kieser Spinal Program is specifically designed to improve lumbar spine conditions within a safe and supervised setting over 18 weeks.*

### The comprehensive program includes:

- An initial assessment, followed by 13 one-on-one appointments dedicated to treatment and supervised training sessions with a Physiotherapist.
- During the one-on-one appointments with a Physiotherapist, the Kieser lumbar extension strengthening machine will be used in 12 of the sessions.
- Progression to 1:1 assisted training sessions with an Exercise Physiologist or Exercise Scientist.
- An independent strength training program designed by a Physiotherapist using Kieser Swiss-engineered equipment overseen by an Exercise Scientist.
- Access the Kieser Konnect app to track and monitor your progress.
- Objective assessments to measure your improvement throughout the duration of the program.
- Education to effectively manage and live with a lower back condition.

Week	Physiotherapy	Exercise Physiology / Exercise Science	Independent Strength Training at Kieser
1	••		
2	••		
3	••		
4	••		
5	••		
6	••	••	•
7		••	•
8		••	•
9			••
10			••
11			••
12	•		••
13			••
14		•	••
15			••
16			••
17			••
18	•	•	••

KEY: • 1 session •• 2 sessions

## REFERRAL PROCESS

- Contact Kieser to confirm if the Kieser Spinal Program is covered by your health fund under your current level of hospital cover.
- Take the Kieser Spinal Program information and referral form provided by Kieser to an appointment with your medical doctor\*\*.
- Your medical doctor will review your condition against the Kieser Spinal Program inclusion criteria and provide a referral if appropriate.
- If a referral is provided, contact the Kieser Medical Concierge on 03 8554 1155 to book an initial assessment with a Physiotherapist^.

\*\* Medical doctor refers to a General Practitioner or a Specialist.

^ Additional criteria apply. Your suitability for the program will be determined by Kieser in your initial assessment.

## PROGRAM LOCATIONS

The Kieser Spinal Program is available at all Kieser clinics across Victoria, New South Wales, Queensland, Tasmania, South Australia and the Australian Capital Territory.



Scan the  
QR code

to find your  
closest Kieser.