

Watch your back

Finland-based company offers solution for common problem



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BACK aches and overstraining of the ligaments and joints are common problems that can restrict one's activities.

Despite the availability of various over-the-counter remedies, a quick relief is all it could provide.

However, a Finland-based company that had been around for almost eight years in Malaysia offers a technology known as Document Cased Care (DBC) programme with long-term solutions.

"Studies have shown that back problems are more common than cough or flu," said DBC chief executive officer (CEO) Wee Hock Kee, who used to work in a pharmaceutical company.

Wee said he was introduced to the DBC's programmes by a Singaporean doctor, where the programme was first used by a hospital in the country.

Crucial: A physiotherapist conducting the Electromyography (EMG) endurance test on a patient, which is part of DBC's baseline assesment test.



For your health: The centre is equipped with exercise machines specifically designed to suit each condition, either the back, neck or shoulder.