



An alternative: (right) DBC chief physiotherapist Zubaidah Yusop conducting a baseline assessment test called the Back Mobility Movement.

»Back pain affects everyone regardless of age«

WEE HOCK KEE

"Back pain affects everyone regardless of age," said Wee, adding that most of his patients are from early 20s to 40s.

Wee said most back problems were caused by lack of proper back support, excess weight, carrying heavy things or the nature of one's jobs where much pressure is on the back.

The treatment varies from six to 12 weeks with two sessions weekly, and aimed to provide exercise programmes for back, neck and

those suffering from shoulder problems.

A patient has to go through a baseline assessment test to enable the physiotherapist to assess the person's back problem and the severity of it.

Each session could last between 60 and 90 minutes and before the final session, another assessment would be conducted to evaluate the result.

During each session, patients would go through a series of exercise programmes designed to address the condition and would be guided by a physiotherapist.

"We will also teach our patients ways to care for their backs as well as home exercises that they can continue with once the sessions are over," said Wee.

Once the 12-week course is over, a patient could choose to continue or sign up for a weekly maintenance or home exercise programme.

DBC Active Rehabilitation has two centres in the Klang Valley. For details call 03-2166 2195 (Ampwalk, Jalan Ampang) or 03-7710 6034 or 03-7710 6043 (Taman Tun Dr Ismail, Kuala Lumpur) or visit www.dbc.fi