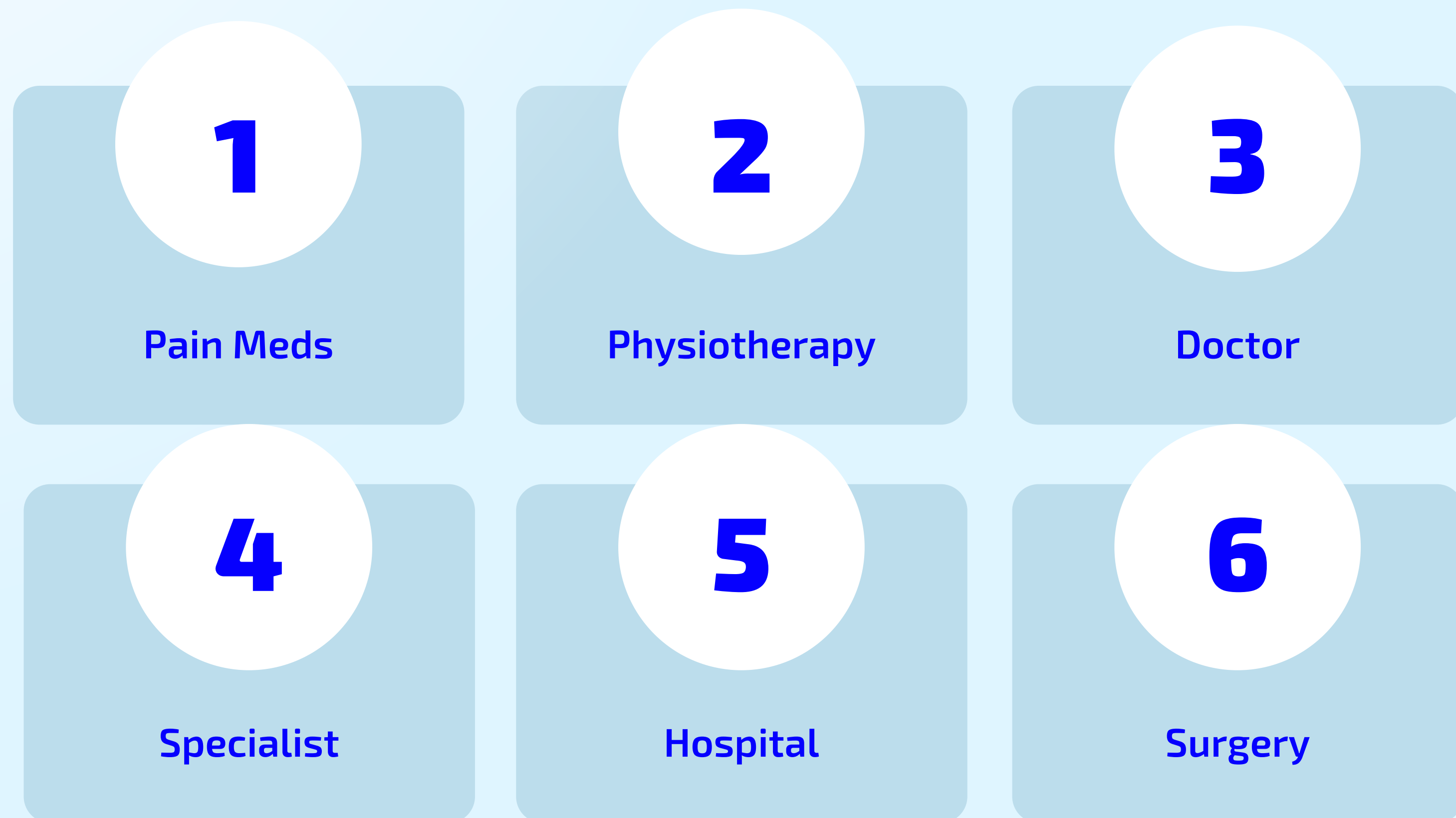


# Back Pain Journey



## WHAT COULD BE WRONG WITH THIS?



Symptom management, not delving into what is causing the back pain. Too many specialists looking at one body part in isolation rather than body as a whole.

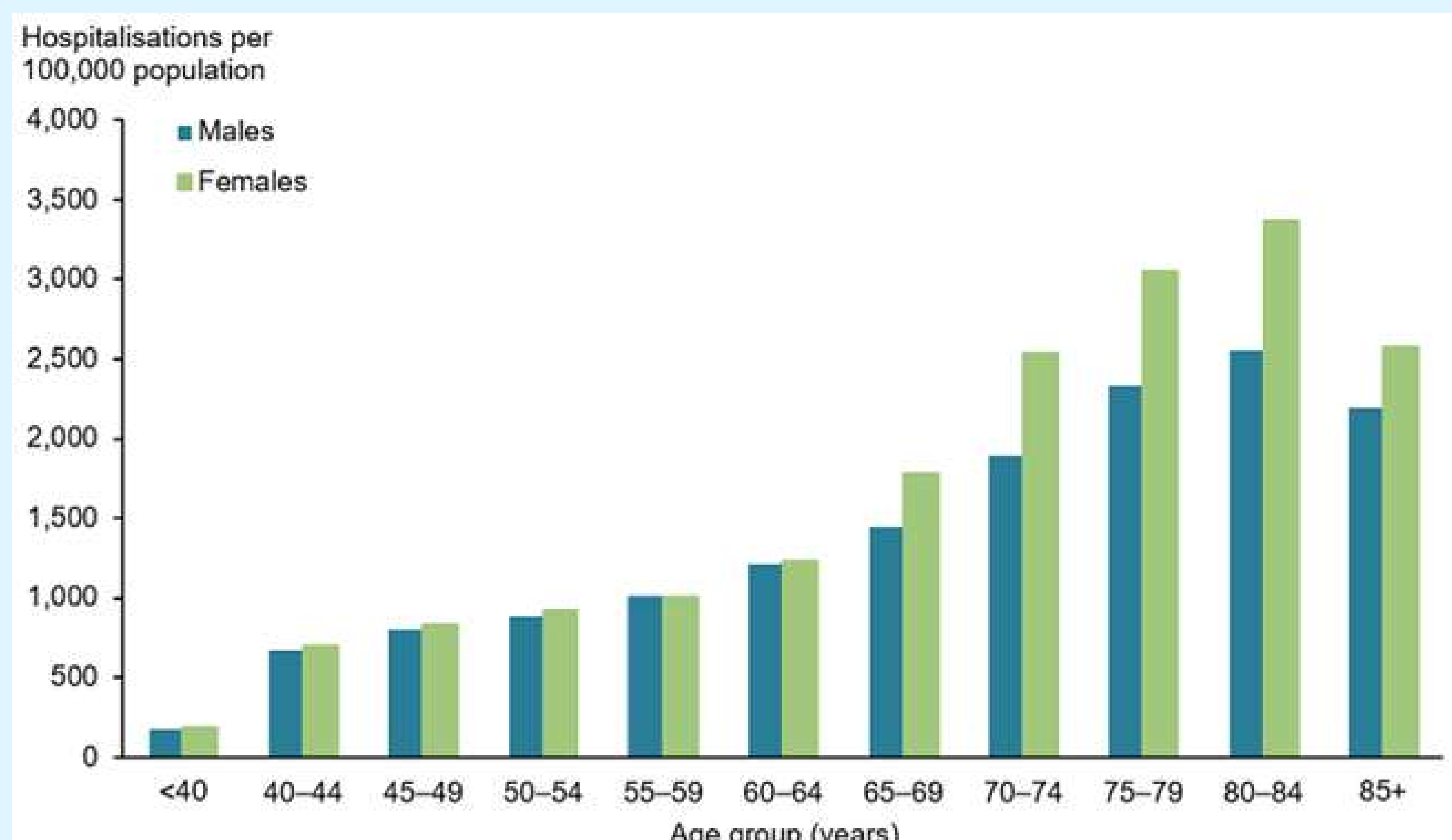
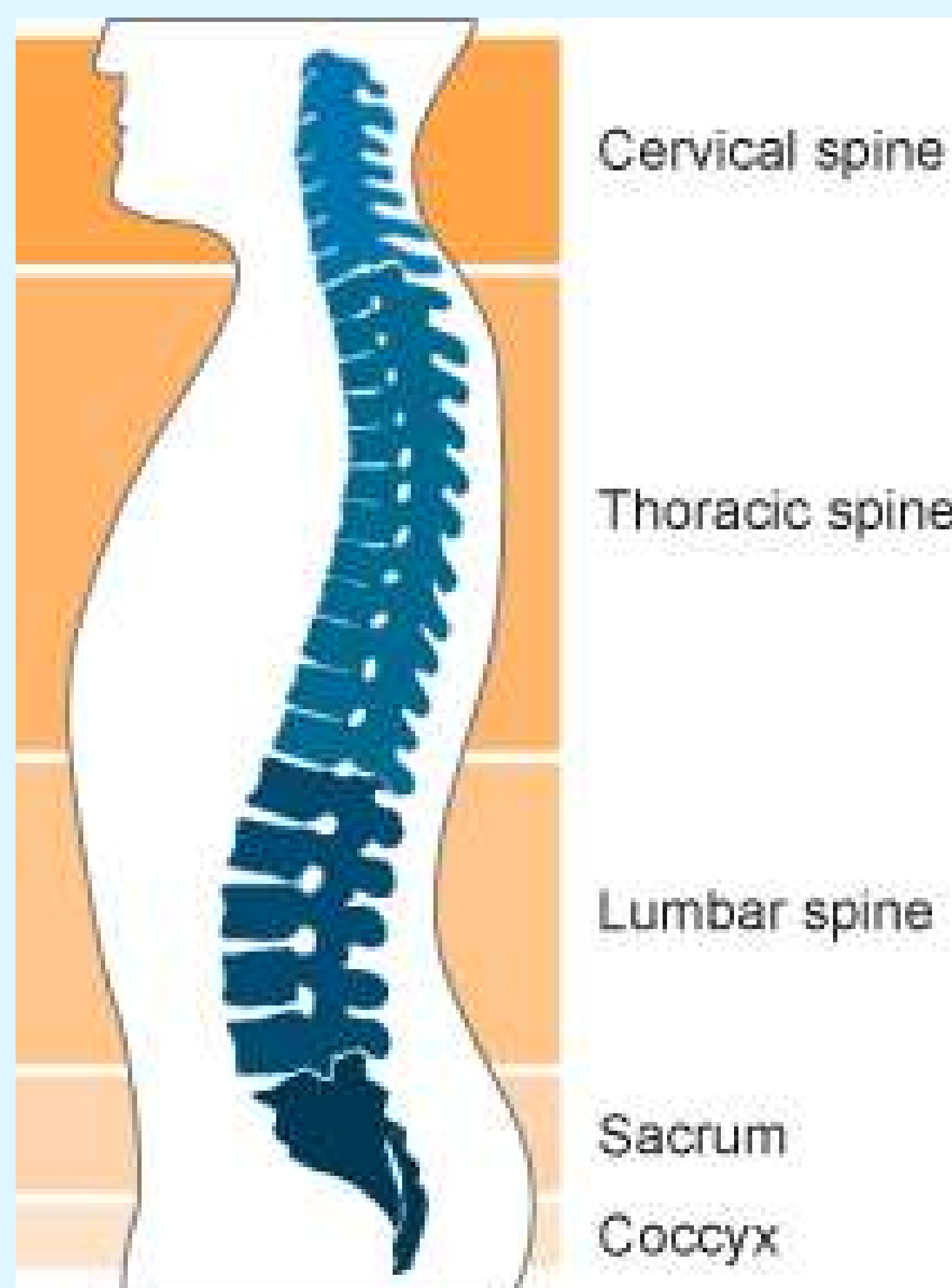
## According to the Australian Institute of Health and Welfare:

Pain at least "moderately" interfered with daily activities for almost 2 in 5 (38%) people with back problems in 2017–18

In 2015, back pain was the 2nd leading cause of disease burden, accounting for 4.1% of Australia's total disease burden

About 4.0 million people or 1 in 6 Australians (16%) had back problems in 2017–18

In 2017–18, there were 181,000 hospitalisations for back problems





# Our Recommendations?

## Find a health practitioner that:



Feels you to assess for pain & inflammation, and doesn't just rely on CT or X-ray scans



Looks at you holistically and understands the importance of the body prioritisation



Knows how to assess your lymphatic and nervous systems



Takes the time to understand your journey so as to work out if a previous trauma is the real reason behind the pain



Does not do a cookie cutter approach – i.e. has back pain thus it must be this – you want somebody who understand your unique and individual situation



Is trained to detect invisible inflammation



A quick way to know if your health practitioner ticks all of the things mentioned is to find one trained in **Amino Therapy**. The education they receive as part of this therapy is mind-blowing for the practitioners because of the revolutionary way of looking at how the whole body functions together. An injury is never in isolation.

