

AIA Health Insurance

KIESER SPINAL CARE PLAN



CARE PLAN GOALS

The Kieser Spinal Care Plan is an 18-week program developed by Kieser to:

- Reduce pain and other symptoms you may be experiencing
- Prevent or delay spinal surgery
- Improve your ability to undertake everyday activities
- Provide a long-term plan to help self-manage your lower back condition

REFERRAL

To receive a referral:

- Book an appointment with your GP and take the Kieser Care Plan referral form and information to your GP.
- Your GP will review your condition against the Care Plan criteria and provide a referral if appropriate.

ELIGIBILITY

You must hold a Silver Hospital product and above to be eligible for the Kieser Care Plan, and have completed the six-month waiting period.*

Care Plan Inclusion Criteria: *

- You must have a diagnosis of the lumbar spine which has been confirmed by diagnostic imaging.
- Your GP must believe you may need surgery for your lumbar spine condition in the next three years, and that by completing a Kieser Care Plan, you are likely to be able to significantly delay or even prevent surgery altogether.
- You must have a pain level of 4/10 or higher, on average over the past month.



*Contact Kieser to find out if you hold an eligible level of cover. Additional criteria apply, and suitability of the Care Plan will be fully evaluated in your initial assessment with a Kieser Physiotherapist, if your GP thinks the Care Plan is suitable for you.

CARE PLAN STRUCTURE

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

• = 1 session •• = 2 sessions

The Kieser Spinal Care Plan has been developed to help you improve your lower back condition in a safe and supervised manner. The 18-week program includes:

- An initial assessment, and 13 one-on-one treatment and supervised exercise sessions with a physiotherapist
- 12 sessions on the Kieser lumbar extension strengthening machine
- Progression to 8 one-on-one exercise sessions with an exercise physiologist or exercise scientist
- A 3-month physiotherapist-designed, independent strengthening program on Kieser equipment, supervised by exercise scientists
- Use of the Kieser Konnect app
- Education program on how to manage and live with your lower back condition

RESEARCH

The Kieser Spinal Care Plan is a high quality and evidenced-based program. Some of the research in this area found that:

- There are frequently no significant differences in the outcomes between patients who have surgical or non-surgical treatments for their lumbar spine conditions. (Fairbanks et al 2005; Brox et al 2003 & 2006)
- 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).

FAQS

Q: Where can the Kieser Spinal Care Plan be accessed?

A: At any Kieser clinic in Australia.

Q: Does my health insurance cover the Kieser Spinal Care Plan?

A: The Kieser Spinal Care Plan is available to AIAH members on Silver Hospital and above, who have served the six-month waiting period.

Q: What does the Kieser Spinal Care Plan cost?

A: The program is fully funded by AIA Health with no out of pocket cost or impact on extras to members.

Q: Do I need a referral for the care plan?

A: Yes, you will need a referral from a general practitioner to access the care plan.

KIESER CLINICS



Member Information:

To learn more about the Kieser Spinal Care Plan, or to obtain a referral form to take to your GP, please contact Kieser on **03 9696 3599** or visit kieser.com.au.