

Kieser Spinal Program



Program goals

The Kieser Spinal Program is a 15-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 Program referral form and information to your GP.
- Your GP will review your condition against the Program criteria and provide a referral if appropriate.

Eligibility

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

Program 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 Program, 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.

Program structure

Week	Physiotherapy Session(s)	Exercise Physiology/ Science Session(s)	Kieser Training Session(s)
0	1		
1	1	2	
2	1	2	
3	1	2	2
4	1		2
5	1		2
6	1		2
7			2
8		1	2
9			2
10	1		2
11			2
12			2
13			2
14			2
15	1	1	2

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

The Kieser Spinal Program has been developed to help you improve your lower back condition in a safe and supervised manner. The 15-week program includes:

- 9 one-on-one physiotherapy sessions (including initial assessment)
- 8 one-on-one strength training sessions with an exercise physiologist or exercise scientist
- A physiotherapist-designed, independent strength training program consisting of 26 sessions using Kieser equipment, supervised by Kieser's highly skilled allied health team
- Use of the Kieser Konnect app
- Education program on how to manage and live with your lower back condition

Research

The Kieser Spinal Program 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 Program be accessed?

A: At any Kieser clinic in Australia.

Q: Does my health insurance cover the Kieser Spinal Program?

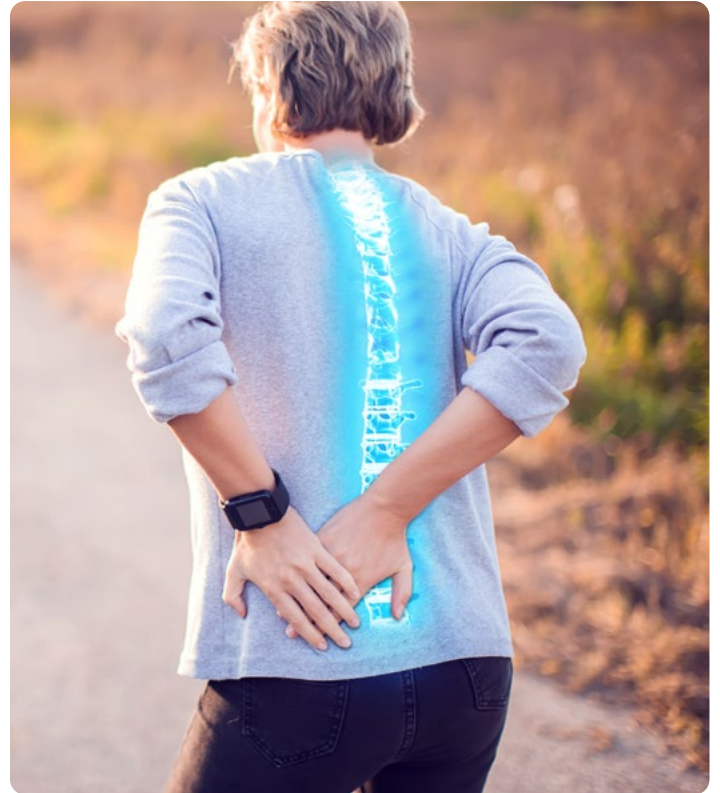
A: The Kieser Spinal Program is available to AIAH members on Silver Hospital and above, who have served the six-month waiting period.

Q: What does the Kieser Spinal Program 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 program?

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



Member Information

To learn more about the Kieser Spinal Program, or to obtain a referral form to take to your GP, please contact Kieser on **03 9696 3599** or visit [kieser.com.au](https://www.kieser.com.au)

Kieser Clinics