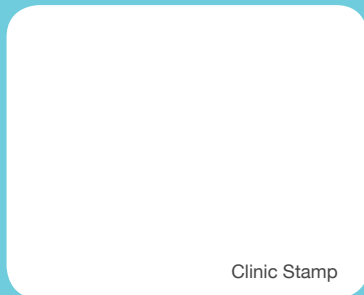


With ViMove we aim to relieve your back pain by understanding the unique features of your back and then using this information to tailor a treatment program for you.

If you are interested, please ask your health care professional about the suitability of ViMove for your condition.



Please scan here to learn more.



Clinic Stamp

DO YOU SUFFER FROM LOW BACK PAIN?

Your back pain is as
unique as your fingerprint.

ViMove can help you find a
tailored solution for managing
your low back pain.

Living with back pain can be a difficult battle you are faced with every day. It may impact on so many areas of your life and can be frustrating as others can't see the pain you are experiencing. Pain killers can help but you don't want to be on these for a long period of time.

Our clinic is committed to helping you effectively manage your low back pain.

What is Vi Move ?

ViMove is world first, wireless, sensor technology that easily adheres to the skin on your back and provides us with information on your movement, muscle activity and pain. At the start of your back pain management program, ViMove will be used to perform an assessment of your back.

This may include:

- A **physical assessment** in the clinic where the wireless sensors are placed on the skin on your back to monitor how you perform a series of simple movements. On completion, ViMove generates a report that provides us with objective information on your movement and muscle activity and helps us understand the complex relationship of pain with movement.
- A **monitoring session** where you wear the sensors home and carry the small pocket size recording device with you. After you return the device to the clinic, data from the device is downloaded onto our computer, providing us with a detailed report. By knowing how you move and the postures you adopt during work or day to day activities, we have a better understanding of what may be contributing to your low back pain and how we can help you better manage it.

If the assessment identifies an issue with your movement or muscle activity that may be related to your back pain, you may be suitable for movement retraining using ViMove.

This may include:

- Sessions in the clinic known as **live training** where you can see your actual movements and muscle activity on the computer screen. This helps you learn the optimum postures to adopt and better ways to move as you carry out various activities and exercises.
- Sessions at home or work using **biofeedback** customised to your unique issues and lifestyle. Biofeedback sessions allow you to continue your rehab at home and help you move within safe limits and maintain better postures and movement in your everyday activities.

