



Better ways to feel better

Back Pain Clinic

Get from fearing back pain to moving with confidence
at our 12 week GP led clinic, combining:

Scans
when
required

Back pain
exercise
specialists

GP health
review

Massage
therapy

Cognitive
behaviour
therapy

At the end of the 12 weeks our goal is that you:

Can move well with
reduced pain

Can do more of
the things you
love doing

Know what to do to
prevent back pain

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hello@idoshealth.co.uk

Unit 23 St Peters Wharf, Newcastle Upon Tyne, NE6 1TZ



Back Pain Clinic Schedule

1 GP assessment

A medical assessment to identify the best treatments for your back pain and pre-existing medical conditions.

2 Back Pain Evaluation

A comprehensive movement and psychological assessment to define your custom treatments.

3 Custom Treatment Plan

GP led multi-disciplinary team write your 12 week treatment plan.

4 6 week Foundation stage

Flexibility, strengthening, massage and Cognitive Behavioural Therapy treatments to reduce pain symptoms.

5 6 week Active stage

Build back strength and stability to get active again so you are confident doing every day tasks and exercising.

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Meet The Team

that will have YOUR back



Nigel Issa
BACK PAIN EXERCISE
SPECIALIST



**Dr Riaan
Swanepoel**
GENERAL PRACTITIONER



**Gungun
Sehgal**
COUNSELLOR



**Roberta
Helen Reeve**
MASSAGE & ACUPUNCTURE
THERAPIST

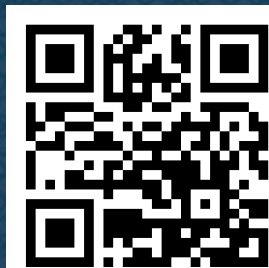
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Want to move with
confidence?

Contact us today:

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