

Back and neck pain getting in your way?

FX Health utilise the DBC Active Spine and Shoulder Treatment System. Developed in Finland over 20 years ago, the DBC Treatment plan is currently implemented in over 22 countries. It is evidence and outcome-based, with a proven record of 85% success rate after 3-9 weeks of treatment. The program is tailored to each patient, and utilises special equipment.

The DBC Treatment plan is covered by most medical aids.



Do you find yourself:

- Experiencing **stiffness** or **general pain**?
- Need a **good night's rest**?
- **Unable to engage** in daily activities?



Increase in **strength**
and mobility



Decrease
in pain

The DBC Treatment plan is specific, guided, and targeted. The program includes assessment of the pain, active exercises and individual guidance on how to use the spine and get back to a normal life. Treatment plans depend on the severity of the patient's pain and is interdisciplinary, with medical doctors and physiotherapists working together to restore normal function to the back, neck and shoulders.

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