

we can

Stabilise Your Spine

Provide Specific Training

Increase Core Strength

Improve Confidence

Prevent Future Injury

Correct Your Posture

but most of all

Eliminate Back Pain



book your assessment
today



why us?

Our Spinal Stability Exercise Program is designed for male and females of all ages with back, or neck pain, or with core and postural weakness.

This is a progressive exercise program accumulating over 8 weeks. It aims to develop strength and mobility through to a dynamic functional level. The program allows for all fitness and activity levels to participate.

the evidence

Research shows that undergoing a specific spinal stability program that focuses on improving core and back muscle strength dramatically reduces the recurrence of back pain.

the latest treatment

Active Life Physiotherapy would like to introduce you to a new, exciting and effective approach to resolving and preventing your low back pain. It is based on the most recent research and emphasises the importance of a combination of pharmaceutical medicine, hands-on techniques and, most importantly, exercise.

Active Life Physiotherapy has aligned itself with world authorities in this area and has designed a specific Low Back Pain Program for acute and recurrent low back pain clients with the emphasis on correcting the causative factors which have contributed to their injury.

what is involved?

Active Life Physio's Low Back Pain Program is a specific program of small group exercises that are carried out by a trained physiotherapist. These exercises address core stability and spinal muscle control, progressing into exercises in positions that cross over to every day life.

The program commences with 4 one-on-one physiotherapy sessions to deal with your individual needs. This will cover a Biomechanical and Posture Assessment ensuring correct activation of core muscles and individually prescribed strengthening and mobility exercises.

You will also be taught the necessary exercises required for group classes.

Our program involves a one-hour a week class over an 8 week period, with a specific home exercise program to be completed on 2 separate days.