

SPRING BACK PROGRAMME

Physiotherapy Programme



In association with



Blackrock Clinic

Those unfortunate enough to suffer chronic pain often develop secondary social complications which can include: prolonged disablement, loss of income and family discord. Evidence shows us that if you can understand, control and predict your pain with achievable strategies this will result in a successful positive outcome. With this in mind we have developed the Spring Back Programme in conjunction with the Blackrock Clinic which aims to improve your pain and lifestyle situation.

How does the programme work

The Spring Back Programme consists of a combination of:

Education

Guided exercise

Goal Setting

The aim of the Spring Back Programme is to achieve the goals you set at the start of the programme, including a return to work.

Assessment

The first step is a detailed assessment of you. Your personal goals are agreed and from this information, the programme is tailored. This initial assessment takes place in the Blackrock Clinic.

Next, a local physiotherapist, who will carry out the programme with you, will design and discuss a clear management plan with you. On completion of your rehabilitation, you will attend for reassessment in the Blackrock Clinic.

Graded Exercise

Many people with persistent pain become debilitated and unfit, and lose strength and conditioning. This programme starts to correct this problem with gentle exercise which is increased as you improve.

The aim is to enable you to carry out the ordinary activities of daily living comfortably. The exercise will be tailored and paced to suit you. As with any new exercise programme, you may sometimes experience new aches and pains when you start an exercise programme and this should be expected and discussed with your local physiotherapist.

Relaxation training and stress management

Experiencing stress might have an impact on your condition. The relaxation training and stress management aspects of the Spring Back Programme aim to teach you how to cope with stress and explore whether this has an effect on your pain. You will learn how to relax in stressful situations and move in a more relaxed way. These skills can often help people with persistent pain to cope better in a stressful environment.

Education

The education component of the programme is designed to help you understand the workings of your body and to give you a greater sense of control over it. The goal is to empower you to progress even after you have completed the programme.

Goal Setting

Goal setting is an essential part of the programme. To apply for the programme, consider what direction you want to go and be ready to take gradual steps with a view towards returning to a full and active life and work. Returning to work, whether on a phased basis, part-time or full-time, will be discussed when it is appropriate.

Motivation - A will to succeed is essential

The programme will foster a desire to resume a full and active lifestyle. The Spring Back Programme is designed to help you learn how to help yourself to regain control over your life and health. For best outcomes your aims should include a return to work and the best possible management of your condition.

After the Programme

At the end of the programme you will be reassessed and advised how best to continue to progress at home. The possibility of returning to work and any other problems you may face will be discussed at this time. You will learn strategies to self-manage any return of symptoms.

Who will be invited to participate

Irish Life will invite people to attend and in doing so look at the following factors impacting you:

1. Do you have chronic pain?
2. Has your problem been thoroughly investigated?
3. Does your pain adversely affect your quality of life?
4. Do you want to return to work?

You are advised to consult your own doctor before attending this programme. Reports from the programme will be used by the Income Protection Claims team in the management of your claim.

How is this programme paid for?

The cost of the programme is fully paid for by Irish Life.

We are here to help

For more information on this programme, please contact:



Alan Connolly

Income Protection Rehabilitation Specialist

Phone: 01 704 1802

Email: alan.connolly@irishlife.ie



The Physiotherapy Department,
Blackrock Clinic, Road, Blackrock,
Co Dublin.

Phone: 01 206 4364

www: www.blackrock-clinic.com

Email: physiotherapy@blackrock-clinic.com



Shane Goggin

Senior Manager

Phone: 087 980 6178

Email: shane.goggin@irishlife.ie

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Irish Life Assurance plc, Registered in Ireland Number 152576, VAT number 9F55923G.

Irish Life Corporate Business, Lower Abbey Street, Dublin 1, Ireland. T: 01 704 2000 • F 01 704 1905