

# BACK AND NECK PROGRAMME

## STRUCTURED SUPPORT FOR CHRONIC BACK AND NECK PAIN

Chronic back and neck pain can significantly affect daily functioning, mobility, and overall quality of life. The Back and Neck Programme is designed to support members living with persistent back and neck pain through structured, effective, and non-invasive care aimed at improving function and reducing discomfort.

The programme provides access to coordinated, expert-led treatment at no additional cost to members.

**The Back and Neck Programme: Your support system for every move.**



## WHAT THE BNC PROGRAMME OFFERS

The **Back and Neck Programme** focuses on managing chronic back and neck pain through evidence-based interventions that aim to:

- Reduce pain and discomfort
- Restore physical function and mobility
- Prevent unnecessary or invasive surgical interventions
- Support long-term self-management and recovery

For any questions:  
Call **086 010 3454** or visit [www.sizwehosmed.co.za](http://www.sizwehosmed.co.za)



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## Condition Management

The programme is designed specifically for members experiencing chronic back and neck pain, one of the most common and often under-managed musculoskeletal conditions.

### Care is focused on:

- Managing ongoing pain
- Improving strength, flexibility, and function
- Encouraging sustainable recovery through guided therapy



## Expert-Led Care

The programme is managed in partnership with CMD Physiotherapy, a trusted provider offering multidisciplinary back and neck care.

Through this partnership, members gain access to healthcare professionals who will:

- Assess individual needs
- Design an appropriate treatment plan
- Guide and support recovery over time

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## Personalised Homecare Plan

In addition to in-person treatment sessions, members receive a personalised home-care plan to support recovery beyond the clinical setting.

### This plan is designed to:

- Reinforce treatment outcomes
- Encourage active participation in recovery
- Support long-term self-management

## Non-Surgical Focus

The Back and Neck Programme prioritises non-invasive, conservative treatment approaches.

### The programme has been shown to:

- Be low risk
- Achieve strong clinical outcomes
- Significantly reduce the need for back or neck surgery



## BENEFITS AT A GLANCE

### Registered members have access to:

- Structured condition management for chronic back and neck pain
- Expert-led, multidisciplinary care
- A personalised treatment and homecare plan
- A non-surgical, low-risk approach to recovery
- Programme costs covered from Risk Benefits

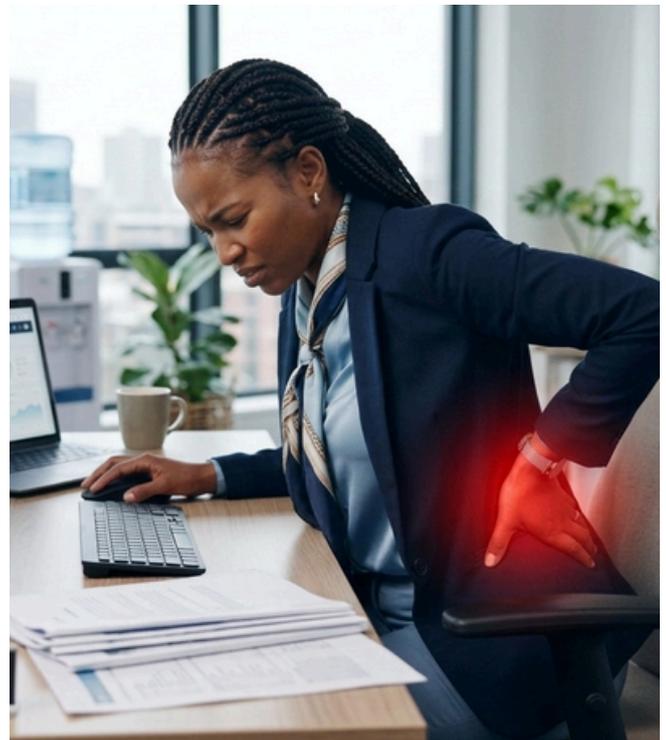


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## BENEFIT ALLOCATION

- Treatment is covered from the Risk Benefit
- There is no impact on savings or day-to-day benefits
- Members incur no additional out-of-pocket costs for programme participation

Say goodbye to the "stiff" life.



## QUESTIONS OR SUPPORT

For more information about the Back and Neck Programme or assistance with accessing care, please contact [\*\*BNC@sizwehosmed.co.za\*\*](mailto:BNC@sizwehosmed.co.za).

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