

# Our Commitment To Give You “Rapid Relief & Lasting Results”



At More Than Physio – we’re committed to giving you the many benefits of all our years of experience, so that you achieve “rapid relief” for your symptoms, and more importantly “lasting results” by resolving the actual problem. Read below to find out more.



## Understanding Pain & Dysfunction

Research and years of clinical experience shows that acute **PAIN & OTHER SYMPTOMS** - are not the actual problem, rather they are your body’s way of letting you know that things are not quite right and need attention.

**Acute pain** is your body’s “warning system” - like the red light that comes on in your car when something is wrong.

**The absence of pain does not mean the absence of problems.**

Pain is usually the last symptom to occur (like the wearing away of a car tyre from poor wheel alignment in your car) . It’s also the first symptom to go way when a problem begins to settle. The actual dysfunction / issue (like poor wheel alignment) is most often still lurking beneath the surface and requires more attention in order to settle permanently. **Just treating pain (like only replacing the car tyre) will not address the real issue** and will just “buy you time” before the symptoms return again.

**‘Dysfunction’** occurs when a part of your body is not functioning optimally and maybe made worse by some external factor such as your postures at work, sleep or sport. At More Than Physio we are committed to addressing these underlying issues to get you feeling energetic, flexible and better than you have in years.

## So how do we do this ?

The transition from “rapid relief” to “lasting results” requires a shift in treatment focus from symptoms to dysfunction. We look at your body as a whole and determine factors that may be at fault or contributing to your presenting problem. (See the adjacent 4 Phases diagram.) We will work with you to address these factors to achieve a lasting improvement in your overall health.

## It’s your body

At the end of the day though - it’s your body and you are in control of it. Tell us what your goals are in terms of your health, your body and what activities you would like us to get you back to and we will do our utmost to get you there with our planned and monitored treatment approach.

### THE 4 PHASES OF TREATMENT

