

The Exercise Pitch

Patient information



Exercise, a better condition and more strength ensure that you experience less anxiety about pain. It gives you the confidence to participate in activities (again). Exercise helps you to keep better control over your pain. You might even forget about the pain occasionally as a result.

At DC Klinieken we are fully convinced about the benefit of exercise. We feel that every chronic pain patient can benefit from exercise. Given this conviction, we offer a supervised programme of exercise in our integral pain management package on our exercise pitches. In the programme we teach you how to cope with your pain better.

What does an exercise pitch involve?

The exercise pitch forms part of our integral pain management. Using a training programme, we want to show you that exercise can make a positive contribution to your daily functioning and thus your quality of life.

Under the guidance of a physiotherapist, you participate in our training programme at the exercise pitch for people with chronic lower back pain. Training takes place twice a week under the physiotherapist's guidance. The programme lasts for 12 weeks, so 24 sessions. Before the start of the programme, you and your physiotherapist meet to set a personal training goal to work towards.

At the exercise pitch we use equipment from David Spine. These devices are specially designed to efficiently and safely train the strength, mobility and coordination of your back and neck.

When the course stops after 12 weeks, you are expected to keep exercising. The physiotherapist can advise you about the best way to ensure this.



DC Klinieken

Who is eligible for the exercise pitch?

- You suffer from chronic lower back pain;
- You have already undergone physiotherapy in primary care, without a result;
- You have been successfully treated in primary care, but are still anxious about exercising or playing sports independently;
- You are not eligible for rehabilitation, but need a stimulus to get moving;
- You are sufficiently motivated to start exercising and to keep going.

Commitment

The exercise pitch forms part of our integral pain management. The costs are covered by DC Klinieken. For the best result, we feel that it is important that you are sufficiently motivated to participate in our training programme at the exercise pitch. Therefore, participation comes with obligations and demands your commitment. This means that we can expect sufficient effort and attendance from you.

Measurements

During the training programme, measurements are done at three timepoints. The first one is done at the start of the programme. Another measurement is done after 6 and 12 weeks. The outcomes of the measurements provide insight into the progress with your mobility, strength and balance.

Before the start of the programme, an intake is held with the physiotherapist. You are informed in detail about our training programme and what is expected of you. After the intake talk, we ask you to sign a form to confirm your commitment. If you do not show enough effort and/or do not attend all the sessions, DC Klinieken can unilaterally terminate your participation in the exercise pitch programme.

Evaluation

An evaluation is made halfway during the training programme, at the 6 week mark. Your physiotherapist evaluates your progress together with you and how far you are towards achieving your training goal(s). If you wish, the goal can be adjusted.

After the end of the programme, an evaluation is done to ascertain whether you achieved your personal training goal. Your physiotherapist can also give you some exercises to do at home and advise you on how to keep exercising.

Education

During the training programme, we provide education at different times. Topics covered include pain education, loading & tolerance and relapse prevention.

Opening hours of DC Klinieken exercise pitches

DC Klinieken Alkmaar	Monday and Thursday morning
DC Klinieken Almere	Monday, Tuesday, Wednesday and Thursday morning
DC Klinieken Breda	Tuesday, Wednesday, Thursday and Friday morning
DC Klinieken Dokkum	Monday and Wednesday morning
DC Klinieken Laresse (Amsterdam)	Monday and Thursday morning
DC Klinieken Maastricht	Monday, Tuesday, Thursday and Friday (morning)
DC Klinieken Rotterdam	Monday, Tuesday, Thursday and Friday
DC Klinieken Voorschoten	Tuesday and Thursday



Resuscitation

All patients at DC Klinieken are resuscitated in an emergency situation. Have you signed a DNR form or discussed with your doctor that you do not want to be resuscitated? Then it is important to inform us of this.

Insurance coverage

DC Klinieken has contracts with all health insurance providers. This means that practically all of the care is reimbursed. Just like the care you receive in the hospital. You will first need a referral from your GP or specialist. Remember to take into account your insurance excess. For more information about reimbursement and any exceptions: www.dcklinieken.nl/vergoedingen.

Questions

For more information and answers to FAQ, please contact: www.dcklinieken.nl/contact or our Service and Information Centre on +31 (0)88 0100 900.

Emergency after visit to DC Klinieken

In case of emergency, call: +31 (0) 88 0100 998.

Emergency after visit to DC Klinieken Dokkum

In case of an emergency after pain management, or gastrointestinal examination, patients of DC Klinieken Dokkum should call: +31 (0) 88 0100 960 or after radiology: +31 (0) 88 0100 985

Zorgkaart Nederland

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