



ASHLEIGH HALL
AND ASSOCIATES

Ashleigh Hall & Associates

DBC Functional Rehabilitation Centre (PR0531197)

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ATT: DBC Program Inquirer

RE: DBC Chronic Neck & Back Pain Rehabilitation Program.

About the DBC Program

Firstly, thank you for your inquiry into the DBC spinal pain program that is offered at Ashleigh Hall & Associate DBC Functional Rehabilitation Centres. The **Documentation Based Care (DBC)** Program is an evidence-based active rehabilitation program aimed at improving functional ability and quality of life to those suffering with Chronic Neck and Back Pain.

The DBC program typically utilises a multi-disciplinary team, made up of a GP (Pain Specialist), Physiotherapists and Biokineticists, who use their combined expertise in the treatment of chronic (degenerative/ spondylosis), acute (Disc Herniation) as well as pre- &/ post-operative cases.

The core treatment of the program is characterised by functional rehabilitation sessions carried out by a DBC accredited Biokineticist using evidence-based specialised equipment, individualised progressive exercise rehabilitation & exercise prescription; and physiotherapeutic modalities, including manual therapy & Pain Education.

Medical Aid Scheme's Risk Benefit

Ashleigh Hall & Associates DBC Functional Rehabilitation Centres are contracted DBC benefit service provider's. Medical Scheme's offer this service to their members as a Risk Management benefit, which aims to conservatively (non-invasively) manage & reduce the members' pain.

(Please see Appendix B for a full list of Medical Schemes that offer the DBC benefit out of Risk)

The treatment is fully covered by the Risk Benefit Fund portion of your Medical Aid. Furthermore, the individual's savings and day-to day benefits are therefore not affected.

Please note that should you not be a member of any of the listed medical aid schemes, the centres do offer Cash Rates for the DBC treatment protocols (Medical Aid rates) that you can claim back from your medical savings account (MSA) or cover the cost of personally. ***(Please see Appendix A for Cash Rates)***

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ACCREDITED  **DBC** CLINIC

DBC Protocol Best Practice

Due to the DBC program being an evidence-based best practice treatment protocol, the program is usually offered as either a 3 week or 6 week treatment protocol for effective reduction in pain to be achieved.

3 Week Treatment Protocol:
Assessments: Consists of an Initial consultation with the GP (Pain Specialist) followed by an Initial consultation with the Physiotherapist. This aims to identify if you will be a suitable candidate for, and if the DBC program will be the best course of treatment for you as an individual. Treatments: Consists of 2 Biokinetic treatments & 1 Physiotherapy treatment session per week over a 3 week period. (6 Biokinetic (1 Initial & 5 follow-up) & 3 Physiotherapeutic treatments in total)
6 Week Treatment Protocol:
Assessments: Consists of an Initial consultation with the GP (Pain Specialist) followed by an Initial consultation with the Physiotherapist. This aims to identify if you will be a suitable candidate for, and if the DBC program will be the best course of treatment for you as an individual. Treatments: Consists of 2 Biokinetic treatments & 1 Physiotherapy treatment session per week over a 6 week period. (12 Biokinetic (1 Initial & 11 follow-up) & 6 Physiotherapeutic treatments in total)
Personalised/ Individualised Treatment Offered:
Due to the financial commitments required for the above 3/6 week protocols, the treatment plan for your condition can be built to best suit you and what can be afforded. This can be discussed upon Initial Assessments with the Pain Specialist and Physiotherapist for a program that is built around YOU for the most effective treatment outcomes.

Should you require any additional information or assistance with gaining out-of-hospital Authorisation to join the program, or for more information regarding the cash based rates, please contact one of our Centre Co-ordinators/ Operations Managers & they will be happy to assist in this regard.

Warm Regards,

Ashleigh Hall (Director)



Ashleigh Hall & Associates Inc.
(DBC Functional Rehabilitation Centres)

Appendix A: Cash-Based/ Medical Savings Treatment Costing

Our pain management programs follow the principles of integrative and functional medicine which seeks to not only improve the symptoms of pain, but to find the main cause and treat it holistically.

General Practitioner & Pain Specialist Consultations		
Initial Consultation	(20-30mins) Full medical check-up & history taking; review of previous & current medications; a physical examination directed towards the main area affected. Patients managed holistically, emphasising the biological type of pain; psychological factors & personal aspects of how pain affects daily life. Management includes treatment that is a combination of prescribed medication, &/or natural pain therapy; physical rehabilitation (with a focus of diet, nutrition and lifestyle) Management is always individualised to each patient. Sometimes further blood tests or scans maybe ordered to assist in obtaining a definitive diagnosis.	R350-R400
Follow-up Consult	(20-30mins) The patient's treatment plan is monitored over the course of the next 4 weeks, with a follow up at 2 weeks. This will provide us with an idea of how the patient has been progressing with the prescribed treatments and depending on the patient's progress we may choose to adjust the treatments, dosages, etc and personalise therapy based on long-term expectations of pain control and quality of lifestyle.	No Charge
Physiotherapy & Pain Management Consultations		
Initial Consultation	(45-60mins) Complex evaluation at the first visit. Initial treatment session which may include: manual therapy, rehabilitation exercises and pain neuroscience education.	R500-R550
Follow-up Treatments	(30-45mins) One complete reassessment to be done during the course of treatment. Treatment may include: manual therapy, rehabilitation exercises and pain neuroscience education.	R450-R500 /session
Biokinetic & Functional Rehabilitation Consultations:		
Initial Consultation	(60-90mins) Initial assessment with complex evaluation, patient education, initial treatment session & rehabilitative exercise prescription	R550-R650
Follow-up Treatments	(30-45mins) Functional restoration of clinical findings using DBC treatment methods	R350-R400 /session
Maintenance Sessions	(30mins) Continuation & review of treatment plan after DBC program completion	R350 /session

Appendix B: Medical Schemes offering DBC Chronic Neck & Back Pain Benefit from Risk

Medscheme Administered Medical Schemes
AECI Medical Aid Society
Barloworld
Bonitas
Fedhealth
GEMS (<i>Government Employee Medical Scheme</i>)
MBmed (<i>Mercedes-Benz Medical Aid</i>)
Medshield
Nedgroup
Polmed Medical Aid Scheme
SABC Medical Scheme
Sasolmed
Self-Administered & Other Affiliated Medical Schemes
Agility Global (<i>Health Squared</i>)
Bankmed (<i>Only Lower Back Protocol covered – Neck Protocol not covered</i>)
Bestmed Medical Scheme
National Health Care (<i>for Makoti Comprehensive & Primary Care; Malcor Option D</i>)
Keyhealth Medical Scheme (<i>Scheme referral only – Self referred members pay from day-to-day</i>)
Medical Services Organisation (MSO) - SA & International
Medihelp
SAMWUMED
Alliance Midmed Medical Scheme
PPS Healthcare Administrators (<i>De Beers Benefit Society, SEDMED & OPMED</i>)
Libcare Medical Scheme (VMED)
Universal Healthcare (<i>AECI – Value Option; Compicare; OMS; Grintek, Tigerbrands & Massmart</i>)
WCMAS (<i>Witbank Coalfields Medical Aid Scheme</i>)