



Press Release

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Learn to manage your back pain

-80% of people will experience back pain during lifetime-

Do you suffer from back pain? Help is at hand for you, and the 80% of the population that will experience back pain during their lifetime. At Beacon Hospital, Clinical Specialist Physiotherapists work with patients to prevent, treat and manage back pain so that they may return to a fully active lifestyle.

“Back Pain is a common and at times debilitating condition but with the correct intervention patients can and do make speedy recoveries. A strong and supportive back is central to everything we do and so it is important that we address complaints as early as possible”, says Aileen Flynn, Physiotherapy Manager at Beacon Hospital.

“Back pain can be a result of an accident, bad posture, poor ergonomics in the work place, a sporting injury or even incorrect footwear and thus it is a problem that many people fall foul of,” she added.

With the help of tailored exercise and education programmes, patients of Beacon Hospital Physiotherapy Department learn how best to recognise the symptoms of back pain and how best to address them. The *Back Clinic and Back to Fitness Rehabilitation Programme* provide patients with unrivalled treatment in the area of back pain management from physiotherapy to surgery, with the support of the fully serviced hospital.

“The full diagnostic service available at the Back Clinic enables us to deal with all stages of back pain such as muscular complaints, disc involvement or other more severe problems that may require surgical expertise as patients can be referred directly to Specialist Spinal Surgeons and Pain Specialists on site” said Aileen Flynn.

The *Back to Fitness Programme* is a four-week exercise programme that focuses on developing normal movement through an aerobic and strengthening regime. Building strength, stability and suppleness of ‘core muscles’ are key aspects of the programme, with cardiovascular fitness also playing an integral part.

Physiotherapy treatments available at Beacon Hospital include manual techniques, muscle imbalance rehabilitation, Pilates, acupuncture, ergonomic evaluation, pelvic floor rehabilitation, electrotherapy, manual lymphatic drainage and biomechanical assessments.

About Beacon Hospital

The 238,000 sq ft, nine-floor Beacon Hospital was opened in October 2006, and provides world-class acute care services, including heart surgery, neuro-surgery, and emergency medicine services. Beacon Hospital has eight operating theatres, two endoscopy suites and fourteen critical care beds. The eight operating theatres are divided into dedicated rooms for neurosurgery, urology, cardiac, general, orthopaedic and ophthalmic surgery.

The Critical Care Unit is a fourteen-bed unit with individual glass-fronted cubicles, in order to ensure privacy and to minimise the risk of infection. The open plan design allows for visibility of all patients at all times.

Beacon Hospital opened its Consultant-delivered Emergency Department at Beacon Hospital in March 2007. Beacon Emergency Department is the first Emergency Department in the Eastern region attached to an independent hospital, giving patients immediate access to all of the major specialities on site, including some of the most advanced diagnostic and laboratory services available in the region, such as X-Ray, Ultrasound, CT, MRI, routine and specialised blood tests.

Beacon Cancer Centre offers an unparalleled range of cancer treatment and uniquely has key services such as diagnostics, surgery, chemotherapy, radiotherapy with two state-of-the-art Linear Accelerators (LINACs), and follow-up under one roof.

The hospital has a dedicated Beacon Women's Centre, which encompasses the full spectrum of women's gynaecological needs in a modern environment, utilising minimally invasive procedures whenever possible, with a speedy turn around time for patients.

Beacon Hospital is the European showcase for General Electric (GE) equipment and is the only hospital in Ireland that has a full complement of the most advanced radiology equipment under one roof.

About UPMC

UPMC is an integrated global health enterprise headquartered in Pittsburgh, Pennsylvania, and one of the leading nonprofit health systems in the United States. As western Pennsylvania's largest employer, with 50,000 employees and \$7 billion in revenue, UPMC is transforming the economy of the region into one based on medicine, research and technology.

By integrating 20 hospitals, 400 doctors' offices and outpatient sites, long-term care facilities and a major health insurance services division, and in collaboration with its academic partner, the University of Pittsburgh Schools of the Health Sciences, UPMC has advanced the quality and efficiency of health care and developed internationally renowned programs in transplantation, cancer, neurosurgery, psychiatry, orthopaedics and sports medicine, among others.

UPMC is commercializing its medical and technological expertise by nurturing new companies, developing strategic business relationships with some of the world's leading multinational corporations and expanding into international markets, including Italy, Ireland, the United Kingdom, Cyprus and Qatar.