

## Cornelia Barth.m4a

**Speaker1:** I am a physiotherapist, but I never bothered friends or family about my magic skills and I don't like to give random advice on comments like I have a pain here. What can I do? So last month I was at my parents. My father has a long history of back pain. He had been through a couple of severe disc hernias and he's a very active person. He hated to depend on pain medication to manage his back condition. He kept a notebook about his drug intake. So I was there visiting, seeing my father kneeling on the blank kitchen floor, moving his arms and legs. No mat. I crossed my arms and frowned. He got up and showed me a handwritten data spreadsheet and his notebook. He had managed to reduce his pain medication from three pills per day to three per month and kept decreasing the doses. Physiotherapy was useless, he declared. He declared right into my face. I felt my jaw dropping. He seemed to have forgotten for a moment that it was his bank account that had financed my education. Then he went on to explain to me how he had gotten better day by day, week by week, managing his pain and increasing his functioning. Fair enough. That's what the physio likes to hear. Still, I was irritated about his conclusion that physio didn't help, but exercises did.

**Speaker1:** What exercises are these? Who gave them to you? I asked in a last attempt to make him admit that physiotherapy actually did help and that he had got these exercises from a fellow physiotherapist. All these I got from the pharmacy magazine, he said, referring to these giveaway newspapers full of commercials. But he went on, Of course, you cannot do the exercises as they are shown. You have to adapt them. You have to listen to your body, he declared. You have to choose the exercises that do you good, and you have to adapt them in a way that your body reacts positively. I observed myself nodding. His statements were still running circles in my head. Physio didn't help exercises from the cheesy pharmacy magazine yet had my father just explained personalised care and self management. Had he just demonstrated the perfect patient? The patient every physio would dream of the independent patient mobilising his self healing forces and listening to his body. I decided I could live with that little blow about my profession. I would look past that because this was the day when my father himself blissfully unaware, taught me what defined the ideal patient and personalised evidence based self care of chronic low back pain.