

11 Reasons That Make Sculpture Physiocare Different from the Rest of the Back Pain Clinics

1. 9 out of every 10 patients achieve a 99.98% recovery at Sculpture Physiocare within just a few sessions.
2. In the last 3 years alone, we have prevented 1,257 unnecessary surgeries through our evidence-based orthopedic rehabilitation programme.
3. Patients and athletes from 12 states across India and over 5 countries worldwide have benefited.
4. High recovery success rate: we have successfully delivered 41,833 physiotherapy sessions with outstanding results.
5. A 42-year-old woman was advised surgery by multiple doctors for her slipped disc. She recovered through our orthopedic rehabilitation programme and climbed 550 temple stairs completely pain-free.
6. A highly skilled team of trained orthopedic and sports physiotherapists and consultants.
7. No guesswork — just evidence-based physiotherapy.
8. Built on the best equipment, hygiene standards, and technology in the field.
9. Individualised care with Compassion, Accountability & Transparency (CAT).
10. Beyond an ordinary physiotherapy clinic — this is a superspeciality sports and orthopedic care centre.
11. High success rates in cases of previously failed physiotherapy treatment.

5 Simple Exercises to Reduce Your Back Pain

1. Pelvic Tilt / Abdominal Bracing

How:

Lie on your back with knees bent. Gently tighten the abdominal muscles as if preparing for a light punch. Maintain normal breathing.

Typical starting dose:

5–10 second hold × 8–10 repetitions.

Good for:

- Mild mechanical low-back pain
- Poor abdominal control
- Early-stage rehabilitation
- Patients who are afraid to move

2. Cat–Camel / Quadruped Rocking

How:

Get onto hands and knees. Slowly move between a comfortable rounded and gently extended spinal position — or simply rock the hips backward toward the heels.

Typical starting dose:

8–10 slow repetitions.

3. McGill Modified Curl-Up

How:

One knee bent, the other leg straight. Keep the lower back in a relatively neutral position. Brace the abdomen and slightly lift the head/shoulders without repeatedly flexing the lumbar spine.

Typical starting dose:

5–8 repetitions with short holds.

4. Bird Dog

How:

From hands and knees, brace the trunk and slowly extend the opposite arm and leg. Keep the pelvis and trunk controlled.

Typical starting dose:

5–8 repetitions each side.

5. Glute Bridge

How:

Lie on your back with knees bent. Brace the abdomen, squeeze the glutes and lift the pelvis until the hips are extended comfortably. Lower slowly.

Typical starting dose:

8–12 repetitions.

3 Simple Tricks for Instant Relief on Your Back Pain

1. Comfortable Walking

Walk gently for 5–10 minutes, gradually increasing duration.

2. Position of Relief

Lie on your back with knees supported by pillows or a chair, or use another position that reduces symptoms.

3. Repeated Movement in the Direction That Reduces Symptoms

Perform 5–10 gentle repetitions in the comfortable direction; reassess symptoms.

4. Heat + Gentle Movement

Apply comfortable heat for 15–20 minutes, followed by gentle movement or walking.

7 Industry Secrets — Back Pain Doctor

1. Your MRI may be scaring you more than your back should.
2. A "slip disc" doesn't automatically mean surgery.
3. You may not need an MRI for an episode of back pain.
4. Severe back pain doesn't always mean severe damage.

5. There is no one "magic exercise" for every back pain patient.
6. More physiotherapy sessions don't automatically mean better recovery.
7. The goal of good physiotherapy is independence — not dependence.