Abstract title:

**The CURE method in the rehabilitation of low back and knee injuries of the *Strongman***

Theme: Sports Medicine

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Background:

Successful rehabilitation of the *Strongman* with low back pain and chronic right knee posttraumatic arthritis

Aim:

To share the experience of the successful treatment and rehabilitation of chronic sport related injuries using the CURE (Complex Unified Rehabilitation and Exercises) method in a rural GP practice environment.

Author believes that this model is an advanced model, suitable for any rural General practice and is prepared to share the experience

Problem:

This model is not a substitution for Specialist’s Medical Services, however, it offers an effective solution for the local population in rural areas.

Method:

1. Case of the *Strongman* with limited ability to prepare himself for the State and National championships due to a chronic problem in the right knee and two month old low back injury

2. Physiological aspects of the elements of the CURE (Complex Unified Rehabilitation and Electrotherapy) Method

3. Chronic conditions’ active rehabilitation service

The outcome of the rehabilitation program:

* 1st Tasmania *Strongman* - May 2017
* 2nd National *Strongman* (Competition ran by the *Australian Strongman Alliance*)- July 2017

Use of the CURE method in a rural GP clinic:

* Limited use for acute sport and non-sport related injuries due to population structure – predominantly aged people and lack of sporting activities
* 1231 people have used the CURE method in five years
* 602 people have used the rehabilitation facility in 5 years. with the most common age group being:  
  61-70 years old: 171 people  
  71- 80 years old: 143 people   
  (Remaining people from various other age groups)

Implications:

This model can be implemented in any rural setting