



THE BAREFOOT TREATMENT SYSTEM



About The Author

Hi, I'm Sal and I'm a Physiotherapist who is passionate about helping people find lasting relief from pain and discomfort, so they can get on with enjoying the things in life they love most.

A few short years ago I was working myself to the bone in private Physio practices. Each therapist there was working 8am-6pm, with back-to-back client bookings. There was no time for breaks or to catch our breath. And not only did that result in us being unable to bring our A-game to every session, eventually my body broke down and I suffered an agonising back injury.

I wasn't satisfied with the limited level of attention and care I was able to deliver, and knew that I wasn't serving my clients or myself by carrying on this way.

So in 2012, I opened the kind of Physio practice I would not only want to work at, but would also want to go as a client. A friendly place where everybody is made to feel special and you get the time, care and attention you need to make a speedy and full recovery.



Who This Guide Is For

If you're suffering from pain, injury, or movement limitations, and have had no luck finding a solution that brings lasting relief, this guide may be the most important thing you read all year.

In the following pages you'll discover:

- 4 Reasons why any treatment you've tried in the past only offered TEMPORARY relief (if any)
- What you can do to alleviate your pain WITHOUT the help of a professional
- The truth about most pain relief "solutions" available today (what you MUST know to ensure you don't go wasting your valuable time and money on a lost cause)
- Our proven methodology for helping you make a quick and full recovery (including the critical factors that guarantee our clients find LONG-TERM relief)
- What sets *Barefoot Physiotherapy* apart from all other Physio clinics (and why our clients rapidly see far more dramatic improvements)

It doesn't matter whether you're a powerlifter, office worker, homemaker, retiree, tradesperson or athlete...

No matter what walk of life you come from — pain, injuries and movement limitations can have a detrimental impact on your life. Robbing you of every-day joys and special moments.

Even just a small niggling pain can wear you down over time and become a more severe challenge to deal with.

I believe that living with limitation and pain is no way to live. It stops you from truly living and doing the things you want to do — whether it's playing a sport, engaging in your favourite hobby, holding a newborn child, or simply just moving around doing day-to-day tasks.

If you're reading this, chances are you've been looking for a solution for a while now.

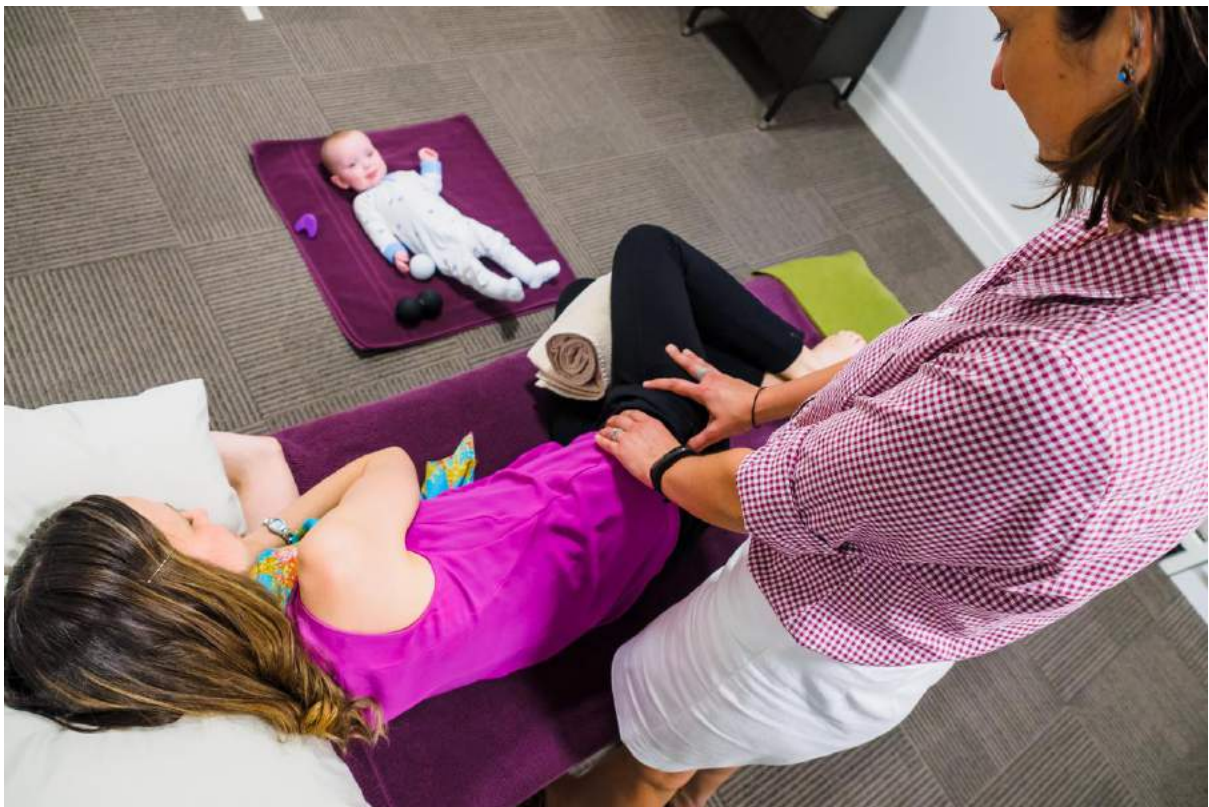
But no matter what you try, nothing seems to deliver real lasting results, does it?



There's Normally One Of Four Things To Blame Here

Reason #1: Only treating the symptom, with no focus on the underlying cause. Many people think just because their shoulder is in pain, that's where the problem is. But what we often forget is that the body is a holistic system, and most of the time the source of the discomfort comes from somewhere else. The shoulder, for example, may just be the 'breakdown point' of strain built up through the rest of the body.

Reason #2: If you seek professional help, the clinic isn't set up in a way that supports thorough and individualised diagnosis and treatment. When staff are overworked, seeing too many clients, and with too little time between clients... the chances of them giving you the care and attention needed to find the true cause are small.



Reason #3: Resting without addressing the underlying problem e.g. muscle or nerve issues, accumulative strain, etc. No matter how long you rest, if you don't fix the root cause, when you resume normal activity, the problem quickly resurfaces. This is frustrating I know, because it felt like when you were 'younger' you could roll your ankle, rest a couple of days and be better. But in fact you only FELT better - even that ankle sprain started to build up strain on your body if not treated properly.

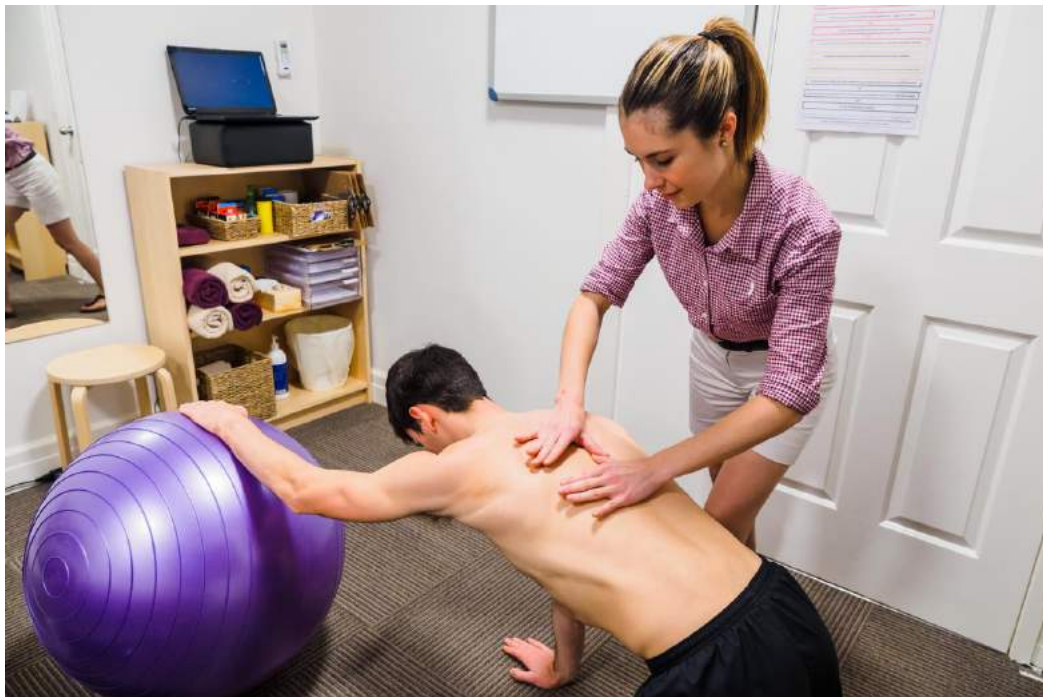
Reason #4: A "recipe approach" to treatment e.g. Shoulder problem? Do this. Bad knees? Do that. This approach completely ignores any thought for the specific causes of the problem and why this problem is affecting you specifically.

Maybe you've experienced one or more of these. Or, if you're lucky, you've spared yourself by finding this guide first.

No matter what the case, one thing is for certain...

Your condition won't get any better on its own. And deep down you probably already knew that. In fact, your risk of more substantial injuries will only increase... which can easily sideline you, taking you out of life and stopping you from doing even more things you love.

So with that in mind...



What Are Your Options For Recovery

1. You Could Do It Yourself

There are a number of things you can do on your own that can be valuable.

You can [adjust your sleep position](#), your bed, and the type and thickness of your pillows to suit your individual needs. You can [adjust your posture and how your workstation is setup](#). You can even [perform self-releases](#), although I recommend avoiding stretching if you have any nerve irritation in your body.

You can learn how to address each of these correctly by clicking the links above.

But here's the problem:

You can't know if you're doing the right thing in the right way. It's completely subjective — based entirely on how you feel. This means you could be making progress without knowing it, and then eventually give up.

And, as quite often is the case, you may just waste a heap of time doing the wrong thing (like treating a symptom).

The truth is, although this can provide some relief, it's rarely enough to correct the underlying problem.



So If Doing It Yourself Isn't An Ideal Choice, What Are Your Other Options?

2. Seek Out A Surgeon

If you go to a surgeon, what you need to remember is that they're going to do one of three things — operate, not operate, or offer an injection. That's what surgeons do and do well. And while there may be cases where these are viable options, it should only ever be considered once all other options have been exhausted.

You really DO NOT want to have surgery if it is not necessary! And I understand there is nothing more frustrating than waiting to see a surgeon for months for them to tell you you are not a candidate for surgery but this is in fact the best thing to hear!

3. Chiropractor

A chiropractor works under the premise that our overall health is directly affected by our nervous system and spinal alignment.

The good news is a chiro session normally only costs \$40-\$60. The bad news? That session typically only lasts ten minutes. Only long enough to do a few spinal manipulations.

This isn't enough treatment to see significant results in a hurry. And that may be the reason why most chiropractic patients are required to commit to 3+ months worth of treatment, twice a week.

And, by focusing mostly on the spine, this form of treatment often doesn't take the full picture into account.

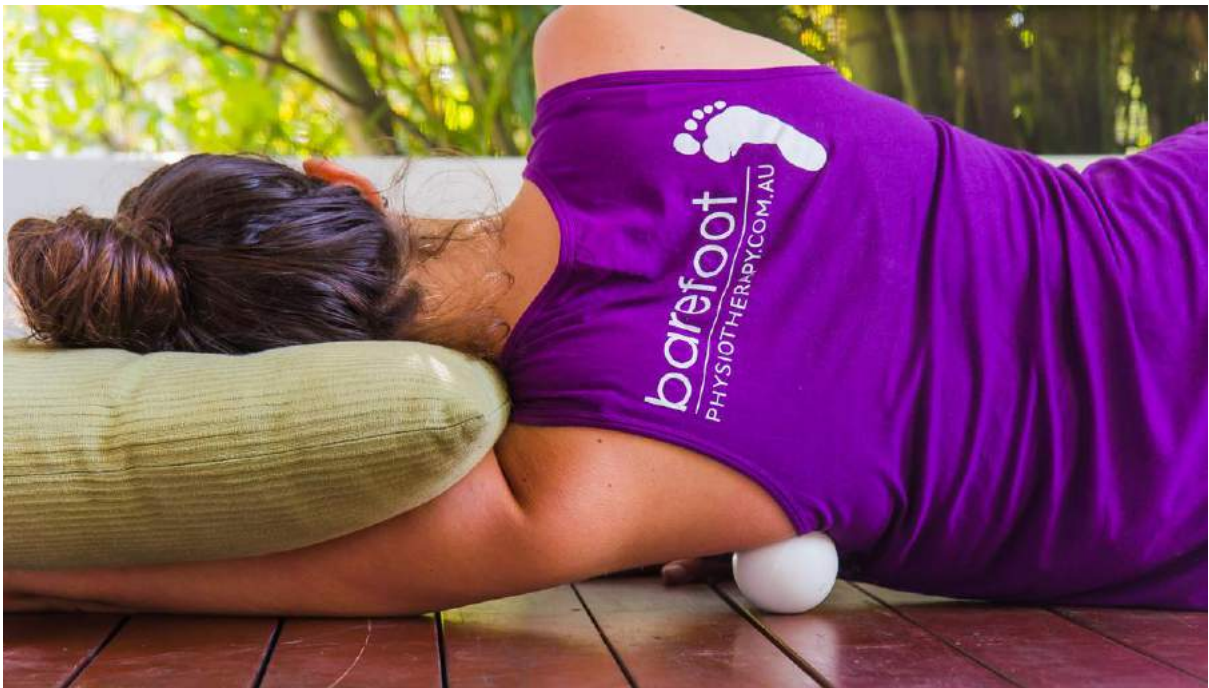
A word of warning: If you even consider this path, please do your homework. To this day, chiropractic is still the subject of controversy and criticism.

4. Massage

Massage therapy (with an excellent massage therapist) is a great treatment to keep your body in good shape if you don't have any underlying issues. But it does not include thorough assessment and does not address nerves, joints or ligaments which are essential to getting to the underlying cause of a problem.



We often work closely with amazing massage therapists (once we have solved what is going on in our client's body) as an adjunct to the thorough assessment and treatment we provide.



The Problem Is... None Of These Options Really Cut It.

They don't focus on the root cause, and they aren't individually tailored to you and your unique needs. And while a "recipe" approach CAN offer symptomatic relief, it tends not to be a sustainable, long-term solution.

The good news is there's one last option. An option that's been proven to work time and time again, for people from all walks of life.

But you have to ask yourself, "Am I COMMITTED to solving this problem, once and for all, so I can get on with living my life?"

If the answer is "Yes", read on...



Introducing the “Barefoot Treatment System”

At Barefoot, our physiotherapy treatment follows the “Barefoot Treatment System”, a holistic solution that focuses on pinpointing and treating the root cause of your condition, instead of just treating symptoms.

Our goal is to make your pain a thing of the past and get you back to doing the things you love most in the shortest time possible.

To identify the underlying cause, we use a thorough whole-body assessment. This assessment includes testing of your:

- Nerves
- Muscles (including tendons)
- Joints (ligaments, discs, bones, cartilage), and
- Movement patterns

We even factor in your thoughts, feelings and emotions.

In a rare few cases, the assessment process quickly identifies that you may require an alternative method for managing your condition. If this is the case, we will help you find the right path (whether that be imaging, acupuncture, or some other form of care).

This is because we don't continue treatment unless you're getting results.

For all other cases, treatment is focused on the underlying cause of your condition to reduce its impact on the rest of your body.

We chart your progress including how long and how many sessions will be required to achieve a pain-free and full functional body.

We also teach you how to look after your condition to minimise recurrence. This is crucial as it ensures you get results faster, require fewer total visits, and maintain any progress we make during our sessions together.

Once we have you back doing what you love without pain and restriction, looking after your condition is the mainstay of the treatment. We call this the “maintenance phase” and it's where your Barefoot Physiotherapist checks in on you at progressively longer intervals for up to 3 months.



We call these appointments tune ups. Much like a dentist prevents problems with your teeth or a mechanic services your car to prevent problems before they arise. Because our tests are so sensitive and thorough we are able to pick up on strain building up in your body before you even feel it!

There are three reasons these sessions are absolutely crucial:

1. To test and confirm you're managing your condition effectively
2. To progressively improve your skills for achieving better performance
3. To treat any re-accumulated strain that occurs in between sessions as a result of life's challenges.



What Separates Barefoot Physiotherapy From Other Physio Clinics (and Healthcare Providers)

First of all, we guarantee we will NOT treat you unless you're making notable objective progress. Unlike many other care providers, we won't continue unless it's working. In the rare case that we can't help, we will help you find an alternative solution.

We perform Objective Testing. Sadly, many health professionals only test to confirm what they want to find so they can get your business. That's not what we're all about. Not only do I believe it's unethical, but it's a huge disservice.

We take a holistic approach instead — testing your nerves, muscles, joints, and even looking at emotional and mental factors to find what's really responsible for your condition. And with a full picture, it's far easier to treat and help you make a fast and full recovery.

Also, our clinic is setup so we can consistently bring our A-game to every single session.

Before opening Barefoot back in 2012, I spent time working at private clinics. And I was getting run off my feet with back-to-back appointments all day long (with barely any breaks). It was simply impossible for me, or any of the other therapists, to be at the top of our game for every client. It was a lose-lose situation.

Why do I share this?

Because it's still the reality for many Physio clinics. And that means you risk not getting the level of care you both need and deserve.



This Is One Area Where *Barefoot Physiotherapy* Sets Itself Apart...

Each of our physios see a limited number of clients each day. Never more than four in a row, and always with a ten minute break between each session.

We're all about making sure everyone on our team bring their A-game to every session. In fact, we even instruct them to reschedule appointments if they can't. This is important because we want to serve you as best we can and ensure you get the results you deserve.

To top that off, we have dedicated times for training each week. We're constantly sharpening the saw and staying on top of the latest scientific developments in health, all the make sure we deliver the very best treatment to you.

We also work with you for the entire time slot — just you, nobody else.

You can even have us visit you at your workplace or gym if you like — at no added cost — to look at ergonomics, your workout form, and anything else that may be impacting your condition. Our clients find these sessions highly valuable!



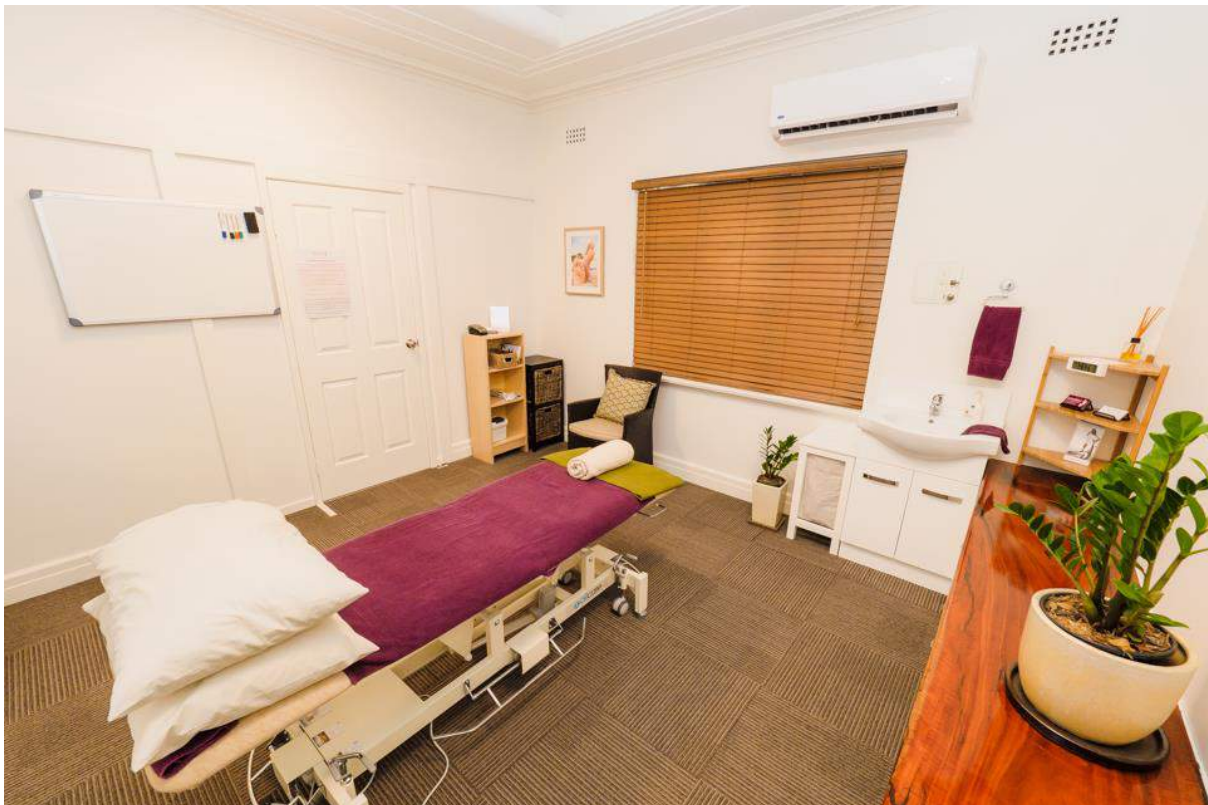
How You Can Afford *Barefoot Physio* Treatment

Now, we aren't the cheapest Physio around, and after reading the above, you can probably see why.

Yet, when it comes down to it, our clients often find that since they're actually getting results **FASTER...** and require **LESS** treatment overall... they end up saving money over alternative options. There's no denying it beats throwing money and time into solutions that don't work or only offer a bandaid fix.

And while this kind of long-term relief is truly priceless, we do offer payment plans so you can get the treatment you need whilst still being comfortable with affordability.

Plus, you can makes claims through WorkCover and private health insurance. We have a machine that takes private health payments on the spot to make it as easy as possible — just bring along your private health insurance members card.



What To Do Next...

If our approach resonates with you, and you're currently suffering from any condition that is limiting your ability to live the fullest life possible, then get in touch for a one-hour introductory appointment.

Booking your in-person session is simple — all you have to do is call us on

1300 842 850. Either Cherelle, Caitlin, myself or our assistant Victoria will pick up and help you line up your first session and also answer any questions you might have.

If no one picks up, don't stress. We're probably in the middle of caring for our clients... so just leave us a short message and we'll give you a quick call back as soon as we can.

In this initial session we'll get to know you and your goals, so we know where to focus our attention, and then we'll begin testing to find the root cause of your condition.

If you've been suffering, it's time to make it a thing of the past. Don't put this off any longer. I'm passionate about this — I don't believe ANYONE needs to suffer and just "live" with the pain, discomfort and limitations, especially when it's so easy to put an end to it.

Again, just **give us a call on 1300 842 850** so you can get started toward living YOUR *Barefoot Lifestyle*.

We can't wait to help you find the relief you've long been searching for.

Sal Oliver Lange

