



## the BEHAN PROTOCOL

### FOR BETTER BACK AND SPINE HEALTH

Please be advised that the Behan Protocol should not be considered a replacement for Physiotherapy or required surgery and may not be right for anyone suffering from severe back issues such as scoliosis, bulging or herniated discs, stenosis, spondylitis, compression fractures, osteoporosis, whiplash or severe shoulder issues such as torn rotator cuffs, dislocated shoulders or frozen shoulder.

The Behan Protocol may provide excellent post rehab results when advised by a consulting physician or physiotherapist.

It is always advised that before starting a new physical fitness regiment that you consult with a physician first if you have any doubts about your health and safety.

