

Documentation Based Care treatment programme

Medihelp's Documentation Based Care (DBC) treatment programme is for all members (except MedMove! members) who suffer from back and neck pain. It is a prerequisite for spinal column surgery.

The programme improves the general flexibility of the spinal column, strengthens targeted back muscles to relieve pain, and lets you regain normal back and neck function.

DBC uses an interdisciplinary team of medical practitioners, including general practitioners, physiotherapists, and biokineticists.

Use DBC's facilities and healthcare providers

You must receive treatment from DBC's doctors at DBC facilities and may not use your own doctors or medical facilities.

How to use this treatment programme

Phone DBC

Contact the nearest DBC facility to make an appointment (find a list of DBC facilities on the next pages).
Tel: 086 0100 678

STEP
01

STEP 02 Undergo an evaluation

Undergo a medical evaluation at DBC and if you qualify, DBC will notify you and Medihelp of the treatment plan.

Register

Complete the required forms at DBC and they will register the programme with Medihelp.

STEP
03

STEP 04 Receive treatment

Complete the prescribed treatment programme.

Available benefits

Back treatment at a DBC facility for patients who qualify for this benefit or as prerequisite for spinal column surgery	One treatment in a 12-month cycle per beneficiary payable at a global fee from core benefits
Additional consultation fees for service providers and X-rays (MRIs with limits or co-payments) are not included in the global fee	Available day-to-day benefits
Occupational therapy is available at DBC's facilities, but does not form part of the treatment protocol	Available day-to-day benefits

Contact Medihelp

To learn more about the programme or for claim enquiries:

Tel: 086 0100 678

Email: enquiries@medihelp.co.za

DBC facilities' contact details

Gauteng

Centurion	Dr JJ Gilau and Partners Oxford Office Park, Building 3 Ground Floor 3 Bauhinia Street Centurion Tel: 012 665 0690 012 665 2395 Email: dbccenturion@gmail.com
Johannesburg	Drs Asmal, Patel and Associates 77 Commissioner Street Johannesburg Tel: 010 023 1469 010 880 1984 Email: joburg@dynamicbnc.co.za
Kempton Park	The Back Clinic Erikson Diamond Centre (Erikson's Mall), Unit 20 20 Monument Road Kempton Park Tel: 010 203 9045 074 646 1549 Email: info@thebackclinic.co.za kemptonpark@thebackclinic.co.za www.thebackclinic.co.za
Pretoria	Dr JJ Gilau and Partners Shop 45 Silver Oaks Crossing Shopping Centre, Medical Centre 1st floor, Suite 102 Cnr Solomon Mahlangu Drive & Von Bachström Street The Willows Tel: 012 809 0930 Email: dbcparkview@gmail.com Dr JJ Gilau and Partners No 7B North Park Mall Cnr Rachel de Beer & Burger Streets Pretoria North Tel: 012 546 0456 Email: dbcpretorianorth@gmail.com Dr JJ Gilau and Partners Advanced Groenkloof Day Hospital Walker Creek Office Park, Building 2 Ground Floor 90 Florence Ribeiro Street Cnr Florence Ribeiro & Totius Streets Bailey's Muckleneuk Tel: 012 435 8212 066 469 6687 Email: dbcgroenkloof@docgilau.co.za

Gauteng

Bedfordview	Dynamic Back and Neck Bedford Village Shopping Centre, Office Suite 7 Cnr Nicol & Van Buuren Roads Bedfordview Tel: 010 880 1984 066 322 2225 Email: info@dbcbedfordview.co.za bedfordview@dynamicbnc.co.za
Midrand	Midrand Back and Neck Centre Carlswald Decor Centre, Shop B12 Cnr 5th Road & Harry Galaun Drive Halfway Gardens Midrand Tel: 010 355 0307 083 783 5383 Email: info@backandneck.co.za
Roodepoort	The Back Clinic Clearwater Office Park Ground Floor, Building 5 Cnr Christiaan de Wet Road and Millennium Boulevard Strubens Valley Roodepoort Tel: 011 475 1901 011 883 3618 010 203 9045 Email: info@thebackclinic.co.za roodepoort@thebackclinic.co.za www.thebackclinic.co.za
Sandton	The Back Clinic 37 Old Kilcullen Road Zotos Place Johannesburg Tel: 011 883 3618 010 203 9045 Email: info@thebackclinic.co.za sandton@thebackclinic.co.za www.thebackclinic.co.za
Soweto	Dr Asmal, Patel and Associates Shop 261 South Gate Mall Rifle Range Road Mondeor Johannesburg Tel: 010 880 1984 Email: soweto@dynamicbnc.co.za

Mpumalanga

Emalahleni **Lize van Zyl Inc.**
Highveld Spinal Wellness Clinic
85 Woltemade Street, Die Heuwel
Emalahleni
Tel: 013 656 3991
Email: dbcwitbank@gmail.com

Mbombela **Wiltshire H and Hogg J – Lowmed**
Spinal
30 Orange Street
West Acres
Mbombela
Tel: 013 741 3824
lowmedspinal@gmail.com

Secunda **Dr JJ Gilau and Partners**
Block D East
Lake Umuzi Waterfront
Kiewiet Street
Secunda
Tel: 017 631 2992 | 017 631 3119
Email: dbcsecunda@docgilau.co.za

Eastern Cape

East London **Dr Asmal, Patel and Associates**
39A Balfour Road
Vincent
Tel: 010 880 1984 / 073 174 7461
Email: eastlondon@dynamicbnc.co.za

Gqeberha **The Back Clinic**
127 Cape Road
Mount Croix
Gqeberha
Tel: 010 203 9045 | 074 646 1549
Email: info@thebackclinic.co.za
portelizabeth@thebackclinic.co.za
www.thebackclinic.co.za

Free State

Bloemfontein **The Back Clinic**
97 Charles Street
Westdene
Bloemfontein
Tel: 010 203 9045 | 063 097 5603
Email:
bloemfontein@thebackclinic.co.za
www.thebackclinic.co.za

Sasolburg **Dr JJ Gilau and Partners**
2 Riemland Street
Sasolburg
Tel: 016 976 9568 | 016 976 9571
Email: dbcsasolburg@docgilau.co.za

Western Cape

Rosenpark **Dr Lienka Botha and Partners**
19 Pasita Street
Unit No. 5
Rosenpark
Tel: 021 461 2457 (option 2)
Email: reception-ns@fxhealth.co.za

Cape Town **Dr Lienka Botha and Partners**
Harrington House, 1st Floor
37 Barrack Street
Cape Town
Tel: 021 461 2457 (option 1)
Email: reception-cpt@fxhealth.co.za

George **Garden Route Back and Neck Centre**
Suite 111, 72 York Street
George Central
Tel: 044 007 0300
info@grbackandneck.co.za
admin@grbackandneck.co.za

Limpopo

Polokwane **The Back Clinic**
Polokwane Medical Centre
45A Thabo Mbeki Street
Polokwane
Tel: 011 883 3618 | 0861 101 353 | 063 097 5603
Email: info@thebackclinic.co.za
polokwane@thebackclinic.co.za
www.thebackclinic.co.za

North West

Rustenburg **The Back Clinic**
66 Heystek Street
Rustenburg
Tel: 014 541 0024 | 086 1101 353
Email:
rustenburg@thebackclinic.co.za
www.thebackclinic.co.za

KwaZulu-Natal

Durban **Ashleigh Hall and Associates Inc.**
18 Musgrave Park
Musgrave Road
Durban
Tel: 031 201 1789 | 067 069 4200
Email:
dbcmusgrave@ahamedical.co.za

KwaZulu-Natal

Pietermaritzburg **Ashleigh Hall and Associates Inc.**

Office Park
217 Boom Street
Pietermaritzburg
Tel: 060 610 4886
Email: dbcpmb@ahamedical.co.za

Umhlanga

Ashleigh Hall and Associates Inc.

Medstone Medical Suite 310
1D Umhlanga Ridge Boulevard
Umhlanga
Tel: 087 701 3615 | 065 048 9012
Email:
dbcumhlanga@ahamedical.co.za