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## OH MY ACHEING BACK!

Almost all of us have experienced back pain at some time or another. Back pain can and does affect all age groups and can range from a minor discomfort that resolves on its own to severe, debilitating pain that may lead to surgical interventions. McMeen Physical Therapy can help! >>

The cause and severity of back pain is highly variable as are its treatments. Physical therapy is a highly effective treatment approach for all types of back and neck pain.

There are several treatment approaches within the scope of physical therapy. Based upon results of our evaluation we will treat back and neck pain using modalities, soft tissue massage, myofascial release and trigger point release activities. Manual therapy techniques that we employ include muscle energy mobilizations, Mulligan mobilizations and high velocity thrust techniques.



Richard has undergone several hours of additional training in the field of manual therapy and is specialized in treating spine disorders using manual techniques.

Emphasis is placed on educating the patient on proper biomechanics and compliance with a home exercise program that typically consists of posture, flexibility and strengthening activities. We also address safety issues at home and at the work place to prevent further injuries.

We have offered a training program that can be used to help employers train their staff to prevent injuries through education, safe lifting and moving techniques.

Since 1997 we have kept close watch on the outcomes of physical therapy treatments for several specific diagnoses. According to our records we typically discharge patients from PT after 5.2 treatments for a diagnosis of low back pain and in 4.5 visits when diagnosed with a lumbosacral strain.



*"Your Movement Rehabilitation Specialists"*

## CONTACT US FOR MORE INFORMATION

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