



Physical therapy is the treatment of an injury or disease using physical techniques such as massage or exercise. Therapy for the spine focuses on the structures that support the spine and joints including muscles, tendons and ligaments.

GOALS OF THERAPY

- Educate on proper posture and ergonomics
- Reduce pain and swelling
- Restore muscular flexibility, joint mobility and spine motion
- Strengthening of the involved muscles
- Return to normal activities
- Prevent future occurrences and manage exacerbations of symptoms if they do occur

TYPES OF THERAPY

PASSIVE

- Application of heat or ice
- Electrical stimulation
- Ultrasound
- Massage
- Myofascial release
- Mobilization
- Manipulation

ACTIVE

- Stretching
- Strengthening
- Aquatics
- Traction
- Aerobic
- Core Stabilization
- McKenzie Method
 - Provides assessment and treatment of spine pain
 - Specific exercises are provided to “centralize” the pain
 - Reduced number of visits than traditional physical therapy
 - Not all spine related conditions respond to McKenzie Method
- Home exercise program