

# Back And Neck Program



Advanced Physical Therapy helps patients decrease their back and neck pain to get them back to doing the things they love. Our experienced team of Physical Therapists are hands-on and use a variety of techniques to achieve the most efficient and effective outcomes.

## Symptoms of Back and Neck Pain include but are not limited to:

- Dull, burning or sharp pain in the back confined to a single spot or large area
- Stiffness or achiness that occurs any where along the spine (from the neck to the tailbone)
- Sharp, shooting pain that radiates from the low back to the buttocks down the back of the thigh, into the calves and toes
- Consistent ache in the middle or lower part of the back, especially after standing or sitting for an extended period of time

#### **Conditions we treat:**

- Chronic lumbar pain
- Degenerative Disc Disease
- Cervical and lumbar strains and sprains
- Bulging and herniated discs
- Post-surgical rehab
- Pinched nerves
- Sacroiliac dysfunction and pain
- Whiplash injuries
- Sciatica
- Muscle strains

#### **How Can Our Back and Neck Program Help?**

Most spine pain is preventable; we help by providing treatment that is designed to alleviate discomfort. With our back and neck program, 95% of patients who were surveyed said they felt improvements in pain reduction and mobility. A patient's program typically includes a combination of interventions.

#### Here are a few examples:

- Trunk and postural stabilization exercises
- Individualized body mechanics assessment training
- Soft-tissue and joint mobilization

- Muscle Energy Technique
- Joint stabilization
- Manual and mechanical traction

Your Advanced Physical Therapist will work with you to provide a customized treatment plan designed to reduce your pain and discomfort, increase your range of motion, and get you back to feeling like yourself.

**Grand Blanc:** (810) 695-8700

Flint: (810) 732-8400 Davison: (810) 412-5100 Clio: (810) 687-8700 Goodrich: (810) 636-8700 Waterford: (248) 618-3050 Clarkston: (248) 620-4260 Hartland: (810) 632-8700 Fenton: (810) 354-7522

advancedphysicaltherapy.com

### **IMPORTANT**

Bring this prescription and any HMO referral, Auto or Worker's Comp authorizations on your first day.



		ESCRIPTION
Part of the Phoenix family!  DatePatient Phone Number  Name Diagnosis  Precautions  Physical / Occupational / Ha		Clarkston (248) 620-4260 Fax (248) 620-4239 Waterford (248) 618-3050 Fax (248) 618-3284 Fenton (810) 354-7522 Fax (810) 355-4873
□ EVALUATE AND TREAT PER CARE PLAN □ HOME EXERCISE PROGRAM □ SELF-CARE EDUCATION	□ THERAPEUTIC EXERO □ Passive ROM □ Active-Assisted RO □ Progressive Resistive Exercise	MANUAL MOBILIZATION  NEUROMUSCULAR  RE-EDUCATION  THERAPEUTIC ACTIVITIES
□ EXERCISE: □ AlterG Anti-Gravity Treadmill □ Aquatic Therapy □ Cervical/Lumbar Strengthening □ Core Strengthening □ Gait and Balance Training □ WB Status: □ MedX Testing/Rehab □ Sports Rehab □ Sports Rehab □ MANUAL TECHNIQUES: □ CranioSacral Therapy □ Functional Dry Needling □ Graston Technique □ Joint Mobilization □ Myofascial Decompression □ Myofascial Release □ Soft-Tissue Massage	□ MODALITIES: □ Biofeedback □ Traction □ Cervical □ Pelvic □ Contrast Bath/Whirlp □ Electrical Stimulation □ Game Ready Pneumatic Compress □ Hivamat Deep Oscillation Therapy □ Iontophoresis □ Light/Laser Therapy □ TENS □ Ultrasound/Phonoph □ WellWave Acoustic Compression Therap	□ PROGRAMS □ Advanced Spine & Neck Rehab  Sion □ Bone Health Program □ Concussion Program □ Functional Capacity Evaluation □ Work Reconditioning/Hardening □ Return-to-Work Assessment □ Disability Screening □ Lymphedema Treatment □ Parkinson's LSVT Big Program □ Pelvic Floor Therapy □ Women's Health Program  y □ Sportsmetrics □ Vestibular Rehab □ TMJ Disorder Rehab
☐ 3 x Weekly ☐ 2 x We forweeksmo	onths  and physical and/or occupational the plan is established and will be	therapy is necessary, and that services will be furnished reviewed every ninety (90) days or more often if the

Physician Signature NPI# Date