



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 anywhere 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.

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Davison: (810) 412-5100

Clio: (810) 687-8700

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