

Physical Therapy, Rehabilitation and Sports Medicine

Spine Care

Neck and back pain are among the most common reasons for doctor visits and are major causes of disability, lost work days, and high health care costs. Almost 50% of adults experience neck pain and 80% of adults experience back pain at some point in their lives. This pain can be located centrally at the spine, but can also be located in the arm or leg. The pain can run the spectrum of mild and annoying to severe and debilitating pain that can often interfere with work, recreational, or household activities and have a major impact on a person's quality of life.

A physical therapist will thoroughly examine you and develop a treatment plan to help address the reasons for your pain. Treatment options may include, but are not limited to, modalities, traction, manual therapy, flexibility training, strength training, massage, and warm water aquatic therapy.

In all cases, your physical therapist will provide you with the necessary education as it relates to posture, body mechanics, work conditioning or modification of activity. Our goal is to help you recover quickly and to help you achieve your goals.

To discuss your neck or back pain with one of our specialists, or to see if physical therapy may be right for you, call to speak with one of our therapists.

A physician's prescription is necessary for treatment.

Physical Therapy, Rehabilitation and Sports Medicine

WEST CHESTER

Fern Hill Medical Campus
915 Old Fern Hill Road
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West Chester, PA 19380
610.738.2480

EXTON

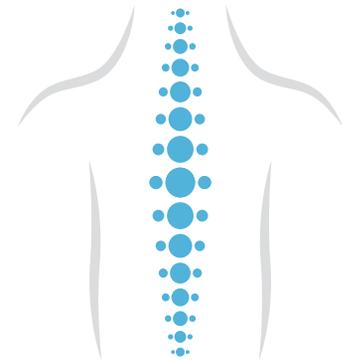
The Commons at Oaklands
700 West Lincoln Highway
Exton, PA 19341
610.518.5845

KENNETT SQUARE

Medical Office Building at
New Garden
830 West Cypress Street
Kennett Square, PA 19348
610.444.6242

SOUTHERN CHESTER COUNTY

455 Woodview Road
Suite 115
West Grove, PA 19390
610.345.1950



Physical therapy is one of the most effective and research supported methods of relieving neck or back pain and movement limitations. Early intervention by physical therapy has proven to shorten the duration of pain and movement problems. Our team is highly trained to help you recover from your pain and dysfunction.

LOW BACK PAIN CASE STUDIES

1 A 37-year-old male presented to physical therapy with lower back pain and transient left lateral thigh pain 1 week after lifting at work. Past medical history includes chronic low back pain, on and off for 10 years with prior epidural steroid injections to address his pain. After a thorough evaluation by one of our physical therapists, the patient was assessed to have a right posterior innominate rotation. He was treated with a manual / muscle energy technique to address this rotation with immediate relief of the pain, improved lumbar movement patterns and successful resolution of his leg length discrepancy. He was seen 3 more times in the clinic to ensure maintenance of his pelvic alignment and to address flexibility and strength deficits at which point he was discharged to a home exercise program.

2 A 55-year-old male presented to physical therapy with non-radiating low back pain sustained after a motor vehicle accident 10 days prior. After a thorough evaluation by one of our physical therapists, the patient was assessed to have lumbar hypomobility and muscle spasms. He was treated at the time of his evaluation with a manual therapy technique thought to address hypomobility in the lumbosacral region that is a widely supported method of addressing these symptoms. He was also instructed in gentle lumbar range of motion and lower extremity stretching exercises to be completed at home. At the time of his next visit he reported feeling "1000 times better" and was seen for a total of 3 visits to ensure normal lumbar movement patterns and to address his strength and flexibility deficits at which point he was discharged to a home exercise program.

Back pain is a very common complaint for adults, with an estimated 4 of 5 adults experiencing at least one episode in their lifetime. Our team has the most experience and training to expertly and appropriately evaluate and treat patients to maximize their potential to improve. Through a multi-faceted approach, we work to meet the needs of your patients. As the case studies illustrate above, we have the expertise to effectively and appropriately evaluate and treat your patients to optimize their care.

Surveys completed by our patients show 96% of all patients report improvement at the time of discharge and 100% report both satisfaction with our services and willingness to recommend our services to others. This is the biggest compliment we can receive: when our patients refer our services to others.

To provide the best possible physical therapy benefit to your patients with low back pain, refer them to the most qualified team in the area.

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