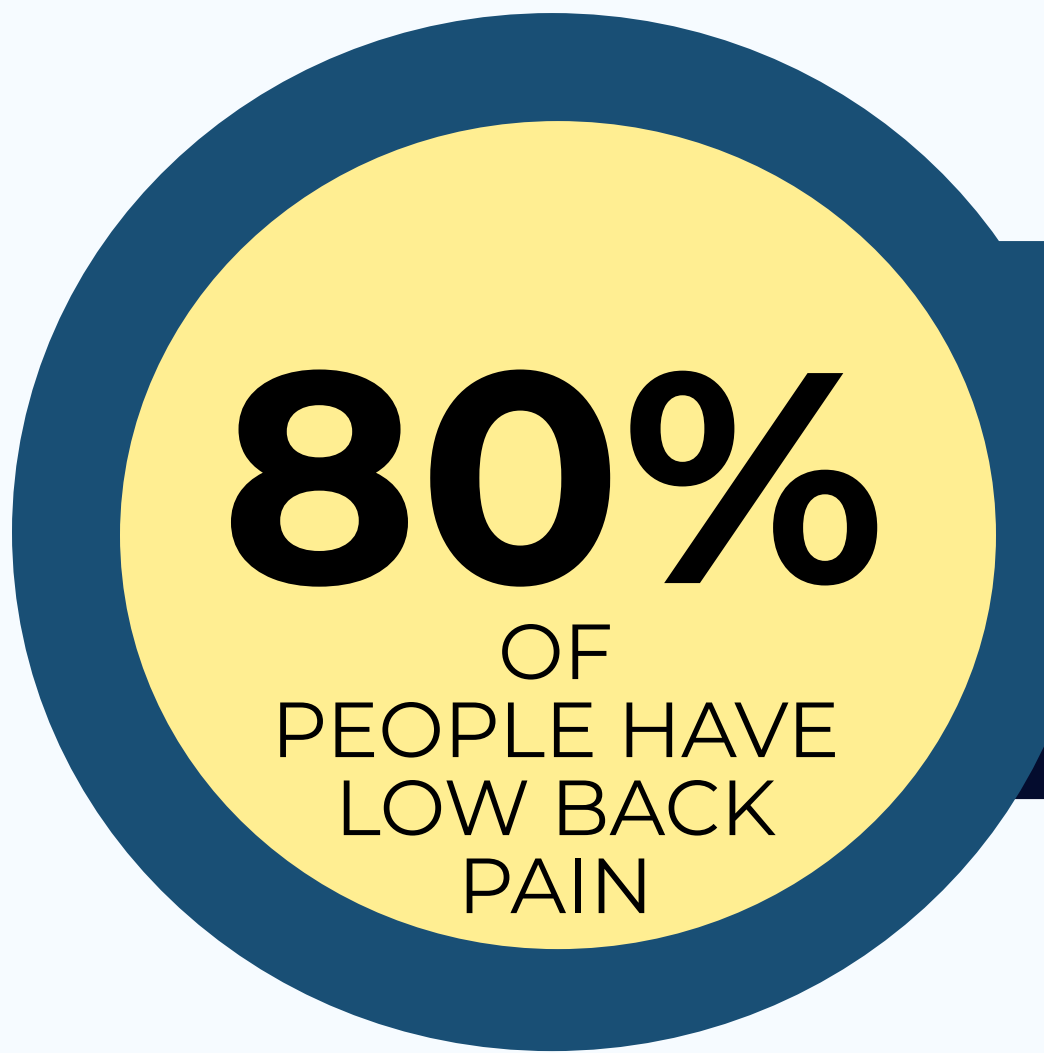


MANAGING LOW BACK PAIN

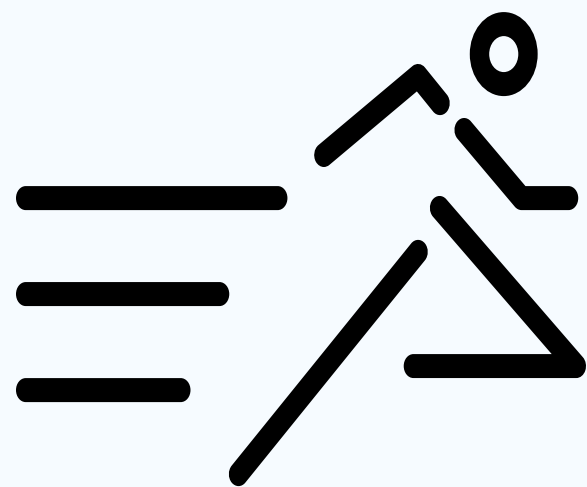
PHYSICAL THERAPY

VS. IMAGING :

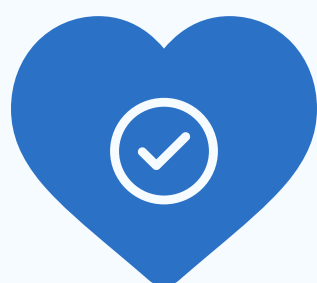


MOST HAVE IT. MOST DON'T NEED IMAGING.

Early PT intervention is KEY



Physical therapy:



Saves health

- PT will :
- ↓ the likelihood for surgery
 - ↓ risk of re-injury
 - ↓ potential need for opioids
 - ↓ radiation exposure



Saves energy

PT improves energy and fitness.
When you feel better, you move better



Saves money

Individuals who participated in PT FIRST, on average, spent
\$4,793 LESS
on associated health costs, than those who had MRI imaging FIRST

So how can PT help YOU?

Treatment can include:

Manual Therapy

A hands on approach that works to restore optimal function and mobility and decreases your pain

- Traction
- Stretching
- Massage

Personalized Exercises

Exercises that improve coordination, strength, and endurance to better support your back

↓ pain and disability

Education

- Information on your diagnosis
- Understanding the anatomical structures involved
- Counseling strategies
- The importance of movement with pain

Physical therapists have advanced knowledge of the musculoskeletal system and are experts in recognizing and treating impairments that lead to pain and dysfunction.

Take charge of your pain today.



If you are experiencing any of these symptoms, contact your provider and imaging may be indicated: Progressive weakness, any changed in bowel/bladder habits, fever and/or night sweats, unrelenting pain that does not relieve with change in position

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