

Rehabilitation Center Back & Neck Injury Recovery Program

The Back & Neck Injury Recovery Program is designed for individuals who know the pain and discomfort of an injury. Our program provides care for both new and longstanding injuries, and focusses on returning you to pain free activity. Our skilled therapists work together with you and your physician to determine the cause of your symptoms, and to design a treatment plan that both meets your needs and reduces your risk of further pain and discomfort.

Our program is designed for all stages of back and neck injury, and focusses on:

New or acute injury:

- Quick relief from pain
- Reduced risk of further injury and fear of physical activity
- Rapid, safe return to work or play

Existing or subacute injury:

- In depth diagnosis to identify and address multifocal problems
- Staged, evidence based care planning
- Increased mobility and participation in physical activity

Chronic injury:

- Activity modification to reduce re-injury and symptom aggravation
- Conditioning programs to strengthen core muscles
- Transition to fitness and wellness programming for lifelong change

Everyone cared for through the Neck & Back Injury Recovery Program receives a personalized evaluation with a physical therapist, and an episode of therapy with one-on-one, hands on care and instruction. Individuals with additional needs have access to other medical and therapy providers in one convenient location, including physicians who specialize in neck and back injuries. Most therapy care is covered by insurance, and all individuals receiving one-on-one care can transition to group fitness and wellness classes at reduced rates.

All back and neck injuries can be serious, sometimes life changing events, but recent evidence demonstrates that recovery is possible with proper care. Please consult your physician, so they may be a part of your improvement and return to activity. Our staff is happy to assist you in obtaining a physician referral, if needed.

For more information, or to schedule an evaluation, please contact us at (715) 531-6400

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