

# Rehabilitation & Injury

## Spine Care



Whether you have suffered an acute injury or experience nagging chronic back pain, spine pain affects everything you do. Place Physical and Aquatic Therapy's spine care physical therapy program looks at each patient as an individual and thoroughly examines your spine health history before diagnosis and treatment.

Research has proven that early treatment by a physical therapist for low back pain and spine care is associated with less time off work and lower overall healthcare costs. Physical therapy is the only discipline that combines hands-on treatment and exercise to speed your recovery.

Commonly treated conditions include:

- Acute neck and back injuries
- Chronic neck and back pain
- Post-surgical spine care
- Work-related injuries
- Motor vehicle injuries
- Spinal stenosis

- Disc herniation