



## Spine Physical Therapy Specialists

Pick PT Physical Therapy is committed to providing effective and individualized operative and non-operative spinal treatments. Pick PT strives to work with all referring providers in evaluating patient referrals within 48 hours and providing medical documentation to the provider in a timely manner.

The hallmark of our spinal approach is the McKenzie Method; a highly successful tool in the evaluation, assessment, treatment and prevention of spinal pain.

The McKenzie Method-Mechanical Diagnosis and Therapy is a philosophy of active patient involvement and education that is trusted and used by practitioners and patients all over the world for back, neck and extremity problems. McKenzie is a comprehensive approach to the spine, based on sound principles and evidenced based treatment.

Here is a look at a some of the most common spine conditions that our spine specialists treat:

### Lumbar

- Bulging disc
- Lumbar radiculopathy
- Sciatica
- Low back strains and sprains
- Lumbar degenerative disc disease
- Lumbar stenosis
- Spondylolisthesis
- Ankylosing spondylitis
- General weakness

### Cervical

- Cervical degenerative disc disease
- Whiplash
- Cervical stenosis
- Post Op cervical surgery
- Bulging disc
- Cervical radiculopathy
- Spondylolisthesis
- Neck strain
- Neck sprain
- Kyphosis
- General weakness

## Following Surgery

Evidence shows that patients benefit from physical therapy pre and post op cervical and lumbar surgery to help them fully recover. Our PTs work closely with the referring provider to make sure proper rehab protocols are followed and we help patients progress through rehab appropriately. We strive to help patients return to their daily activities safely and as soon as possible.

Pick PT  
Physical Therapists  
specialize in the  
**MCKENZIE  
METHOD**  
a reliable assessment  
process intended for all  
musculoskeletal  
problems



# #LiveLifeMoving!



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**APTA**  
American Physical Therapy Association

# LUMBAR MEDX

## Pick PT Physical Therapy

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MedX is recognized as the Gold Standard for treating and reducing chronic back pain and dysfunction through specific spinal strengthening.

Research shows that specific spinal strengthening exercises using the MedX Lumbar Machines help people get better, even after multiple failed attempts at other forms of treatment. It has since helped tens of thousands of people around the world reduce or eliminate their back pain.

The MedX is a machine that is specifically designed to help strengthen the muscles in your low back, which are designed for stabilizing the joints in your back. Our Lumbar MedX provides the medical community with a tool capable of producing specific and accurate testing of functional spinal strength, and the additional capability of providing the best source of rehabilitative exercise.

MedX is one of the tools Pick PT Therapy uses to answer the question: why does my back or neck pain return?



**Pick PT**  
PHYSICAL THERAPY