

#PickPT for Low Back Pain

Our Physical Therapists at Pick PT are health professionals who are specially trained to assess and treat low back pain.

If you have low back pain, you are not alone. At any given time, about 25% of people in the United States report having low back pain within the past 3 months. There are 3 different types of low back pain:

- Acute – pain lasting less than 3 months
- Recurrent – acute symptoms come back
- Chronic – pain lasting longer than 3 months

HOW CAN PICK PT HELP?

If you are having low back pain right now:

- Stay active, and do as much of your normal routine as possible (bed rest for longer than a day can actually slow down your recovery).
- If your pain lasts more than a few days or gets worse, schedule an appointment to see one of our physical therapist.
- If pain symptoms were addressed early, 95% of herniated disc patients would NOT require surgery.

Our Doctors of Physical Therapy can help you improve or restore mobility and reduce low back pain—in many cases, without expensive surgery or the side effects of medications.

Treatments may include:

- Manual therapy
- Specific strengthening and flexibility exercises
- Education
- Training for proper lifting, bending, and sitting; for doing chores both at work and in the home; and for proper sleeping positions
- Assistance in creating a safe and effective physical activity program
- Use of ice or heat treatments or electrical stimulation to help relieve pain

Following Surgery

You may benefit from physical therapy after lumbar surgery to help you fully recover. The goals of low back rehab after surgery are to help you regain full range of motion and strength in your spine and to help you return to your previous lifestyle. Your PT will also work with you to develop an exercise program that you can do to help prevent future problems with your spine.



Pick PT
Physical Therapists
specialize in the

**MCKENZIE
METHOD**

Our Physical Therapists
specialize in
treating

**SCIATIC
PAIN**

#PickPT for Neck Pain

Our Physical Therapist at Pick PT are health professionals who are specially trained to assess and treat neck pain.

Neck pain can be caused by sudden trauma such as a fall, sports injury, or car accident, or by long-term problems in the spine.

People with neck pain can have difficulty performing activities such as working, driving, playing sports, or simply turning their heads. The majority of neck pain episodes do not require surgery and respond best to physical therapy. Our physical therapists design individualized treatment programs to help people with neck pain reduce or eliminate pain, regain normal movement, and get back to their regular activities.

HOW CAN PICK PT HELP?

Recent research has shown that physical therapy can be an effective alternative treatment to surgery or pain medication (such as opioid medication) for relieving many cases of neck pain.

Our doctors of physical therapy will work with you to design a specific treatment program that will speed your recovery, including exercises and treatments that you can do at home. Physical therapy can help you quickly return to your normal lifestyle and activities. The time it takes to heal each neck condition varies, but an individualized physical therapy program can be effective and efficient, and help heal neck pain in a matter of weeks.

Your physical therapist at Pick PT will work with you to:

- Improve posture
- Improve strength
- Return to activities
- Improve motion
- Improve endurance
- Improve flexibility
- Learn a home exercise program

As your neck pain is improving, it will be important for you to continue your new posture and movement habits to keep your neck healthy and pain free.

Following Surgery

In some cases of neck pain, surgery is necessary to relieve pressure on a nerve or on the spinal cord. If you undergo surgery, your physical therapist will work closely with you and your surgeon to help you regain motion and strength more quickly than you could on your own, and help you return to your daily activities as soon as possible.



Neck pain affects approximately

30%

of the US population each year.