

Rehabilitation Services Department Physical Therapy

Spine Rehabilitation Program

An overwhelming 90 percent of Americans will experience a spinal condition at least once in their lifetime. Neck and lower back pain can be debilitating and prevents many from performing their activities of daily living and recreational activities. Our goal is to decrease pain and give you the tools to manage your symptoms.

LOCATIONS:

Center for Outpatient
Rehabilitation – Hopewell
Two Capital Way, Suite 418
Pennington, NJ 08534

To make an appointment,
call: 609.303.4700

Center for Outpatient
Rehabilitation – Trenton
832 Brunswick Ave., Trenton, NJ 08638

To make an appointment,
call: 609.278.5482

DO YOU SUFFER WITH ANY OF THE FOLLOWING?

- ... Acute or chronic neck and back pain
- ... Disc herniation/bulge
- ... Disc degeneration
- ... Spondylosis
- ... Spondylolisthesis
- ... Radiculopathy and myelopathy
- ... Spinal fractures
- ... Post-operative spinal pain

THERAPY MAY HELP YOU TO:

- ... Decrease pain
- ... Improve range of motion
- ... Improve strength and flexibility
- ... Improve posture and biomechanics
- ... Improve function and movement

OUR THERAPISTS WILL WORK WITH YOU TO DESIGN A THERAPY PROGRAM ESPECIALLY FOR YOU. THERAPY OFTEN INCLUDES:

- ... McKenzie method of mechanic diagnosis and therapy
- ... Manual therapy
- ... Core stabilization exercise program
- ... Body mechanics and postural education
- ... Dynamic stabilization
- ... Self-treatment strategies

Therapy sessions are generally 2–3 times per week for 4–6 weeks. Home exercises and activities are usually given as homework. Obtain a prescription from your physician and schedule time for an evaluation so your therapist can listen to your concerns and evaluate your performance.

References: American Academy Orthopaedic Surgeons www.orthoinfo.aaos.org

National institute of Arthritis and Musculoskeletal and Skin Diseases www.niams.gov



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