

## BACK PAIN

Back pain is very common. It is estimated that 80% of Americans will experience back pain at some point in their life. There are different types of back pain including sciatica, stenosis, disc related, sacroiliac, degenerative arthritis, spondylolisthesis, ankylosing spondylitis, and muscle tightness / spasm. Although these are all types of back pain, they require different types of treatment.

Clemens Physical Therapy can help people with symptoms of long-term, chronic back pain from a variety of causes. We have extensive education and experience in treating and rehabilitation of back pain by using a lot of gentle “hands on” manual therapy and specific exercises designed to improve pain and restore your ability to return to the activities you want to do. Treatment works well along with medication or other treatments provided by your physician or health care provider.

*\* for more information, go to **SEARCH** on our website menu and type in **BACK PAIN***

### SYMPTOMS

- Chronic Back Pain
- Leg Pain
- Sacroiliac Pain
- Tailbone Pain
- Muscle Pain
- Nerve Pain
- Difficulty Functioning
- Difficulty Working

### CAUSES

- Sciatica
- Herniated or Bulging Disc
- Piriformis Syndrome
- Sacroiliac Joint Dysfunction
- Muscle Spasm or Strain
- Spondylolisthesis
- Stenosis
- Ankylosing Spondylitis

### TREATMENTS AT CLEMENS PHYSICAL THERAPY

**Manual “hands-on” therapy:** Very gentle treatment designed with people with chronic pain in mind. The goal is to stretch tight muscles and mobilize joints without aggravating symptoms.

**Modalities:** Moist heat, ice, ultrasound, or Electrical Stimulation to decrease pain and inflammation and loosen tight muscles.

**Biofeedback:** Used to teach relaxation techniques or to retrain muscles to perform correctly and efficiently. Uses a computer screen to “see” body processes.

**Exercise:** Very gentle strengthening and stretching programs designed with people with chronic pain in mind. The goal is to restore function and prevent future problems.

**Education:** Addresses safe lifting techniques, work/activity modification, posture awareness, and prevention measures. Self-help techniques to help you maintain your progress on your own.

#### Clemens Physical Therapy PLLC

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# CLEMENS PHYSICAL THERAPY, PLLC

## Why We Are Unique

- Years of expertise and extensive specialization in the areas of chronic pain and women's health
- Treatment is one-on-one
- Most treatment sessions last one hour but may be shorter or longer depending on your needs
- An initial evaluation/exam is performed on the first visit to determine your needs for treatment
- A plan of care for treatment is developed to address your needs and concerns
- We will answer any questions you may have
- Care is provided in a small, comfortable setting
- We specialize in the treatment of painful conditions and will tailor the intensity of rehabilitation to your tolerance
- Exercises and stretches will be used to help you reach your goals and to help prevent future problems
- Treatment does not involve surgery or medications
- Treatment works well along with medication or other medical treatments

## How to be seen at Clemens Physical Therapy

- Treatment is covered by most insurances
- Insurance coverage may require a Doctor's referral
- Referrals can be faxed to 304-842-0060
- Appointments can be scheduled by calling 304-842-6008
- We offer convenient hours including late appointments most days to accommodate your busy schedule
- We understand your time is valuable. We typically see patients at their scheduled appointment time with little to no wait
- Please call if you cannot make your appointment for any reason. We do not double-book patients—your time is set aside specifically for you. If you are unable to come, we can offer that appointment to someone else that needs it.
- We accept Visa, Mastercard, and Discover
- **Please feel free to ask any questions you may have.**  
**304-842-6008**

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