

Spine and Back Rehabilitation

Programs that provide comprehensive rehabilitation services for post-operative patients and individuals who have acute and/or chronic upper or lower back, shoulder or neck pain and discomfort, spinal injuries, disc disorders, or conditions such as osteoporosis and arthritis that affect the spine. Treatment may include bracing, injections, manipulation, soft tissue and joint mobilization and manipulation, aerobic conditioning, back care classes, aquatic therapy, and individualized exercise programs that are designed to stretch, strengthen and repair muscles that help to support the back and improve flexibility, stabilization, balance, coordination and overall fitness.

Links

Rehabilitation - MedlinePlus

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Links

Christopher and Dana Reeve Foundation

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