

# SPINE & BACK THERAPY

PUT YOUR  
BACK PAIN  
BEHIND YOU.



agility<sup>h</sup>health<sup>®</sup> | PHYSICAL  
plainwell THERAPY

# GET BACK INTO ACTION.

Don't let back or neck pain keep you sidelined any longer. Our expert staff here at Plainwell Agility Health Physical Therapy has extensive training in Orthopedic Manual Physical Therapy (OMPT) and is board certified in Orthopaedics by the American Board of Physical Therapy Specialties (OCS). This includes advanced training in differential diagnosis and treatment of spine and back pain.

Neuromuscular activation (Neurac) exercise, utilizing the cutting-edge Redcord equipment, is used as an adjunct to manual therapy techniques to assist in retraining the deep spinal stabilizers. Pain and injury inhibit normal spinal muscle function. Neurac treatment is proving to be a very successful way of re-training stability, strength and function.

Physical therapy is a conservative approach to treating back and neck conditions that can often result in decreasing pain, reducing medication need and avoiding surgery. Our goal is for you to return safely to your previous activities with less symptoms and also with the knowledge to appropriately manage and prevent your condition from happening again.



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