



Back, neck and spine problems.

A whopping 80% of American adults experience back pain some time during their lives. Low back pain is one of the most common, most costly ailments in our society.

The cost of treating back and neck problems, time lost from work, insurance and surgery runs into the billions of dollars every year. No matter what type of back or neck problems you have, we can help.

How we can help.

After a thorough examination to pinpoint the source of your pain, we'll create a customized program designed to decrease pain and promote healing. We help patients overcome their back and neck problems through a variety of therapies, including:

- Manual therapy to optimize function in the spinal joints & surrounding soft tissue • Muscle energy techniques
- Joint mobilization • Soft-tissue mobilization/massage
- Manual & mechanical traction • Home exercise & patient education
- Trunk & postural stabilization exercises to strengthen patients with back pain • McKenzie techniques
- Electrical stimulation & modalities to reduce pain & spasms

If you're one of the millions of Americans with chronic or acute neck, back and spine problems, we can help you with customized programs that reduce or eliminate pain and increase mobility, strength, flexibility and function.

We emphasize hands-on, intensive treatment to get the results patients and their physicians are looking for. We treat patients with the full spectrum of spine, neck and back pain, including:

- Chronic lumbar pain • Degenerative disc disease
- Cervical & lumbar sprains or strains
- Headaches • Bulging & herniated discs

- Postsurgical rehab • Pinched nerves
- Sacroiliac dysfunction & pain • Low back pain • Muscle spasms
- Whiplash injuries • Sciatica • Postural pain
- Stiffness • Radiating pain • TMJ dysfunction

Our therapists take an integrative, comprehensive approach to rehab and address the underlying source of your pain and dysfunction. Specific trunk stabilization techniques are combined with manual therapy to optimize function in the spinal joints and surrounding soft tissue, modulate pain, increase range of motion, control inflammation and facilitate movement. Patients also receive extensive instruction in improving posture and flexibility and learn the value of complying with their therapy to prevent recurrence. The more patients know and understand about their bodies and their conditions, the better able they are to participate in the physical therapy process for better, longer-lasting results.

We have delivered thousands of healing treatments to Michigan residents, helping them achieve healthier, more active lives. Learn firsthand why so many doctors recommend Back In Motion Rehabilitation for all their patients' and their family's physical therapy needs. For more information about our physical therapy programs, please call Bay City at 989-892-4557 or Saginaw at 989-799-9150.



Back In Motion
Rehabilitation, LLC

Where experienced hands-on care gets results.

Two convenient locations:

Bay City: 2618 Center Avenue
Bay City, MI 48708 • 989-892-4557

Saginaw: 4884 Gratiot Avenue, Suite 19
Saginaw, MI 48638 • 989-799-9150

www.BackInMotionRehab.com