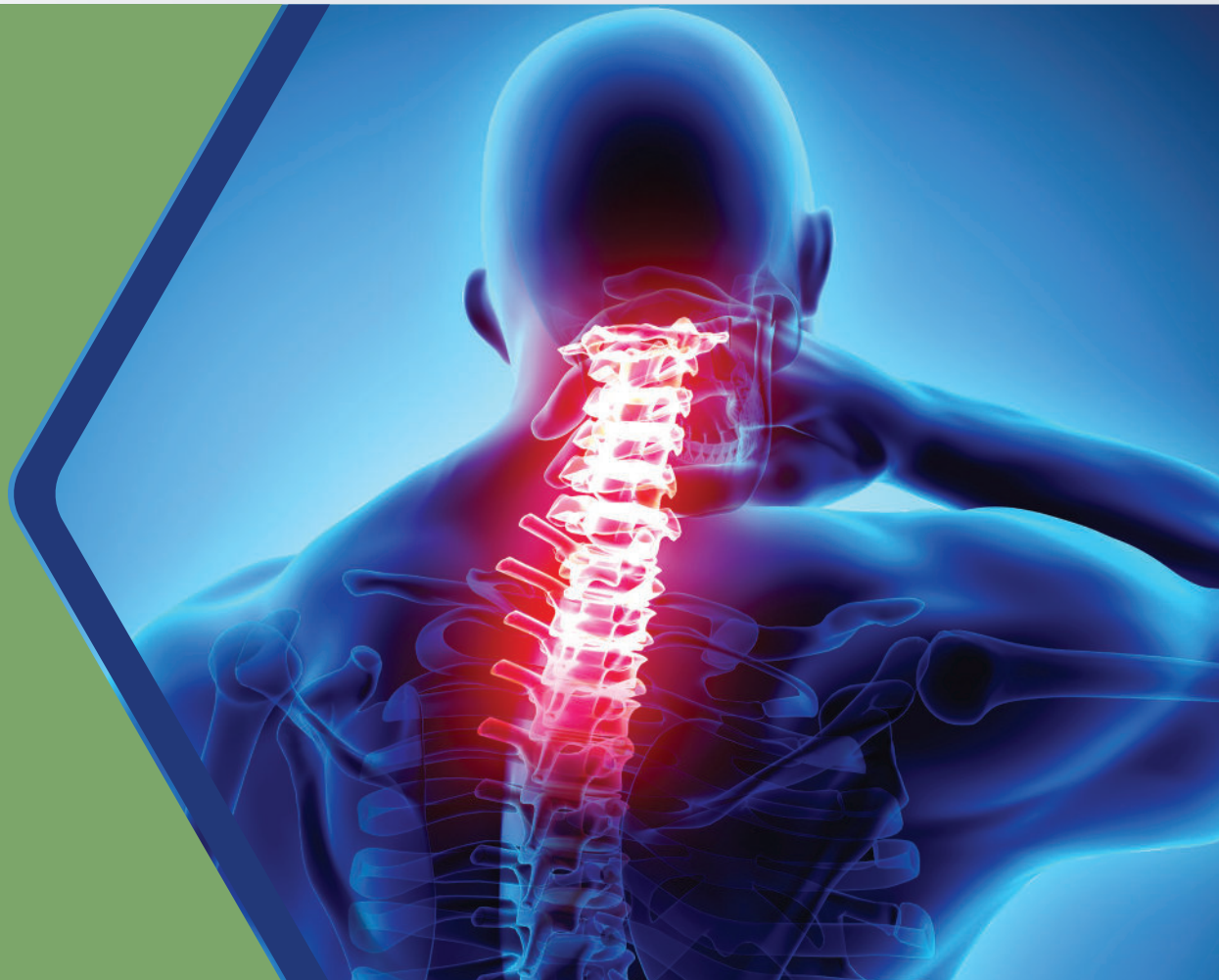


# PATIENT GUIDE

## Back and Neck Pain Survival Guide



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# Apex Physical Rehabilitation Spine Care Program

Looking for non-surgical treatment options? Many doctors now prescribe the latest physical therapy assessment and treatment programs like the Apex Physical Rehabilitation Spine Care Program before recommending surgery...



Apex Physical Rehabilitation & Wellness provides you and your physician with a mechanical assessment and treatment protocol rolled into one evidence based program.

Our comprehensive physical therapy diagnosis and treatment process can provide quick relief of pain for many back and neck pain sufferers.

**The Spine Care Program is designed to:**

- **Isolate the mechanical origins of your back or neck pain.**
- **Increase the functional capacity of the spine.**
- **Reduce pain by identifying which movements make you worse, and which ones make you better.**
- **Promote independence and self-care.**

## 4 Benefits of the Apex Physical Rehabilitation & Wellness Spine Care Program

1

Comprehensive Evaluation and immediate treatment that results in pain relief for many patients on their first visit.

2

Scientifically validated assessment helps isolate sources of pain not shown on X-rays or MRIs.

3

Extensive Home Program allows you to maintain spine health, reduce pain medication, and reduce the risk of recurrence.

4

If your doctor isn't sure if you are likely to respond to specialized physical therapy intervention for your condition, we offer a complimentary consultation to help determine if the Apex Physical Rehabilitation & Wellness Spine Care Program may help you.

**APEX**  
Physical Rehabilitation & Wellness



# Exploring Treatment Options

*The latest research now shows that physical therapy can be effective as the first line of intervention for many common back and neck pain conditions...*

If you have had back or neck pain for more than a few weeks, chances are you've considered visiting a physical therapist. Seeing a physical therapist can help avoid unnecessary or more invasive treatments like epidural steroid injections and surgery. Specially trained physical therapists can assess the mechanical origins of your pain, and often provide quick relief.

**In fact, a physical therapy assessment can help isolate sources of pain not shown on x-rays or MRIs.** In addition, physical therapy techniques emphasize pain management, self care, and customized exercise programs.

## Important Questions To Ask Before Choosing Your Physical Therapist

### 1. Other than showing me exercises, what else will the therapist be doing for me?

One of the most common misconceptions about PT is that it's only about exercises and showing you how to use assistive devices like crutches.

As a result, many people don't expect much from their PT experience. But advances in physical medicine have changed the PT profession. Today, PTs have more specialized training and expertise. That's why before choosing your PT, you should ask about training, certifications, and clinical experience with your specific condition.

Apex Physical Rehabilitation & Wellness therapists have advanced training in assessing and treating a wide range of back and neck conditions.

### 2. What role does evidence-based therapy and continuing education play in your practice?

The Texas Board of Physical Therapy Examiners requires each licensed therapist to complete 24 hours of continuing education every two years. This is a minimal requirement. At Apex Physical Rehabilitation & Wellness, we require therapists to do additional work in evidence-based courses. In addition

to knowing what special certifications a therapist may have, it also helps to ask about their continuing education courses. Taken together, experience, specialized certifications, and continuing education course history can be a good indication of the **potential fit with your therapist for your unique condition.**

### 3. Will you see your therapist each visit and what role will physical therapy aides play in your plan of care?

In order to control costs, insurance companies pressure practitioners to deliver the best quality of care while accepting lower reimbursement rates. Our offices are led by an experienced licensed physical therapist (PT) and physical therapist assistants (PTA) who work together to create and monitor each treatment plan. Depending on your schedule and therapist availability we encourage and attempt to schedule the treatment with the same PT or PTA to assure continuity of care. Physical Therapist assistants (PTA) are licensed and not the same as Physical therapy aides or technicians.



# 3-Step Apex Physical Rehabilitation Spine Care Program

Physician Referral Not Required To Get Started

*30 Minute Spine Assessment Provides The Clinical Information Needed To Formulate A Comprehensive Non-invasive Treatment Plan. 3 Steps To Success...*

1

## Assessment

Assessment begins with a thorough health history followed by a review of any available diagnostic reports including those from your X-rays and MRIs. Only then do we perform a comprehensive physical assessment of the spine mechanics and surrounding structures influencing the mobility and stability of your spine.

The information gained from this evaluation provides the therapist and physician with the clinical information necessary to formulate a comprehensive treatment plan customized for your unique condition.

2

## Treatment

Typically, after physical therapy intervention begins, clinical data shows that patients with acute pain will see a significant improvement in a relatively short period of time- generally within 1-2 weeks.

Patients with chronic and/or degenerative conditions will generally see results within 2-4 weeks, depending upon the extent and of the condition.

3

## Self-care & Prevention

In order to maintain long-term spine health, you will receive a home program that includes special exercises and self-treatment guidance. Part of the ongoing support provided by your Apex team includes educating you about the potential causes of your condition and how to lower the risk of recurrence.



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