A Patient’s Guide To Back and Neck Pain Relief

Effective Solutions For Eliminating Back and Neck Pain
The New Approach To Back and Neck Pain

No matter where you turn for advice on treatment for your back or neck problem, you’re certain to find one common theme – lots of confusing and conflicting information.

Fortunately, we have learned a lot about back and neck pain in recent years and there has been a revolution in its treatment. Health care providers now approach these problems in a different, more active way.

Many people have learned to deal with back or neck pain themselves, but sometimes one may need professional help. This booklet gives you the most up-to-date, research based advice on how to deal with the pain, avoid disability, and recover quickly. It also gives advice on when to seek help.

Our goals are for you to...

➤ Recover Quickly
➤ Stay Active
➤ Avoid Disability
➤ Seek the Right Help at the Right Time
➤ Lead a Normal Life
Back and Neck Pain Facts...

In reviewing the recent medical literature, the following facts related to back and neck pain have been reported:

Fact: Back pain will affect 80% of people at some point in their life.

Fact: Back pain is usually not the result of a serious condition.

Fact: Most back pain episodes resolve quickly.

Fact: Half of the people who get back or neck pain experience recurrent pain within two years.

Fact: Physically fit people have less back or neck pain and recover quicker.

Fact: Emotional stress can increase the amount of pain you feel and can cause painful muscle spasms.

Fact: Most changes in x-ray or MRI images are normal changes related to age.

Fact: Very few patients need surgery for back or neck pain.
3 Steps To Back and Neck Pain Relief…

Based on the recommendations from the most knowledgeable and respected spine researchers from around the world, the following three steps will help you reduce back and neck pain and restore normal spinal function:

**Step 1: Determine the underlying cause of the pain**

A patient profile is developed based on the results of specific elements of a thorough clinical examination, pain and functional status questionnaires, and functional testing. This profile provides the necessary data to determine the potential underlying cause(s) of the problem.

**Step 2: Treat the problem not the symptoms**

An individualized functional spinal rehabilitation program that addresses the underlying cause of the problem is then prescribed. This functional spinal rehabilitation program is designed for patients with varying degrees of spinal dysfunction, including patients who have undergone surgical intervention.

**Step 3: Prevent the problem from returning**

Medical research demonstrates that by learning how to maintain the treatment principles of a functional spinal rehabilitation program, patients have a 91% chance of preventing recurrent episodes of back or neck pain.
What You Can Expect…

Following the simple and effective principles of a Functional Spinal Rehabilitation Program, here’s what you can expect:

➤ Decreased Pain

➤ Improved Strength and Mobility

➤ Improved Stamina

➤ Long Lasting Results

➤ Get Your Life Back
When To Seek Help...

It’s natural to be concerned that back or neck pain is due to something serious, but this is simply not the case.

Most back and neck pain can be addressed without medical attention, as the symptoms often go away within a few days.

There are some conditions, however, that require more aggressive medical attention and some conditions where surgery is your only option.

If you experience any of the following symptoms, you should seek immediate medical attention.

➤ Fever with intense back pain
➤ Can’t manage daily activities
➤ Numbness in saddle area
➤ Bowel / bladder issues
➤ Unsteadiness while standing
Expert Spinal Care With Exceptional Results…

Whether you’ve experienced a simple sprain or strain, a bulging or herniated disc, or you’ve had spinal surgery, back and neck pain can really affect the quality of your life.

That’s where the Back Pain Relief Center can help.

Our Functional Spinal Rehabilitation program helps you see results quickly and enables you to return to the things you enjoy faster, easier, and with the least risk of recurrent problems.

Functional Spinal Rehabilitation Program Details

➤ **Detailed Assessment:** Performed by healthcare specialist with expertise in spinal care.
➤ **Back & Neck School:** Patients who are more informed about their condition recover faster.
➤ **Spinal Bracing (if appropriate):** Unload the spinal elements, keep you active, and protect healing tissue from excessive strain.
➤ **Active Rehabilitation:** Highly specific exercise regimens focusing only on the affected tissues.
➤ **Prevention:** Comprehensive maintenance programs to keep the pain from returning.

For a complete description of the back and neck pain relief process, visit our website at

www.BackPainReliefSecrets.com
Back Pain Relief Center
Specialized Services…

The Back Pain Relief Center offers specialized Functional Spinal Rehabilitation programs for the treatment of:

➤ Sprains and Strains
➤ Sciatica
➤ Sacroiliac Joint Pain
➤ Spondylolisthesis
➤ Piriformis Syndrome
➤ Arthritis of the Back
➤ Herniated Disc
➤ Spinal Stenosis
➤ Compression Fracture
➤ Degenerative Disc Disease
➤ Fibromyalgia
➤ Scoliosis

After your rehabilitation, your next steps could be your best. Our post rehab programs help you prevent future back and neck pain.

➤ Yoga to improve flexibility and relaxation
➤ Pilates for core muscle strength and stability
➤ Massage to promote healing and keep you pain free
➤ Cognitive Behavioral Therapy to help you stay focused on getting better rather than feeling better
Is this the same as other therapy I’ve already had?
No. Unlike other, more symptom oriented approaches, the Back Pain Relief Center Functional Spinal Rehabilitation program seeks to identify the underlying source of your problem, effectively treat it, and prevent the problem from returning.

How much time will I need to set aside for treatment?
Typically, treatment programs are twice a week for a period of 4 - 6 weeks depending on the extent and nature of the condition. Each session will last between 45 minutes and an hour.

Is your treatment program painful?
Generally, no, but you may experience some initial muscle soreness as your body gets accustomed to its new mobility and capabilities.

Am I too old for your program to work for me?
No. We have specialized tools and instructions to help patients of all ages.
I’ve already had back surgery can I still participate?
Absolutely. We’ll need the details of your surgery so that we can modify our program accordingly, but, generally speaking, people that have had surgery are especially good candidates for our program.

What if your program doesn’t work for me?
We wish we could say we had a 100% success rate but the reality is that our program doesn’t help everyone. But here’s the deal: if, for some reason, our program doesn’t work for you, we’ll help you find a solution for your problem.

Does insurance cover your program?
Yes, we participate with all health insurance plans including Medicare.

How do I get into the Back Pain Relief Center program?
Simply contact our office at the number you see above and we’ll get you scheduled for a FREE consultation within 24 hours.
Imagine Your Life Without Back or Neck Pain

What would your life be like if you could...

Begin enjoying your life again – going to a movie, shopping, traveling, playing a round of golf – all without “paying for it” later?

Sleep like a baby at night without the need of doping yourself up with pain medications just to find a comfortable position?

Start having fun again - go on dates, hang out with friends, take a new job, be intimate with your spouse - no more isolation, no more depression, no more anger, and no more back or neck pain?

Your life without back or neck pain could begin today

To help you get a clear picture of what your life could be without back or neck pain, we invite you to schedule a FREE consultation.

In less than an hour, you’ll receive a thorough assessment of your problem and provided with the tools you’ll need to recover quickly and begin enjoying a normal life again.

Reserve your free personal consultation by calling the Back Pain Relief Center today.

Call 502.708.2940