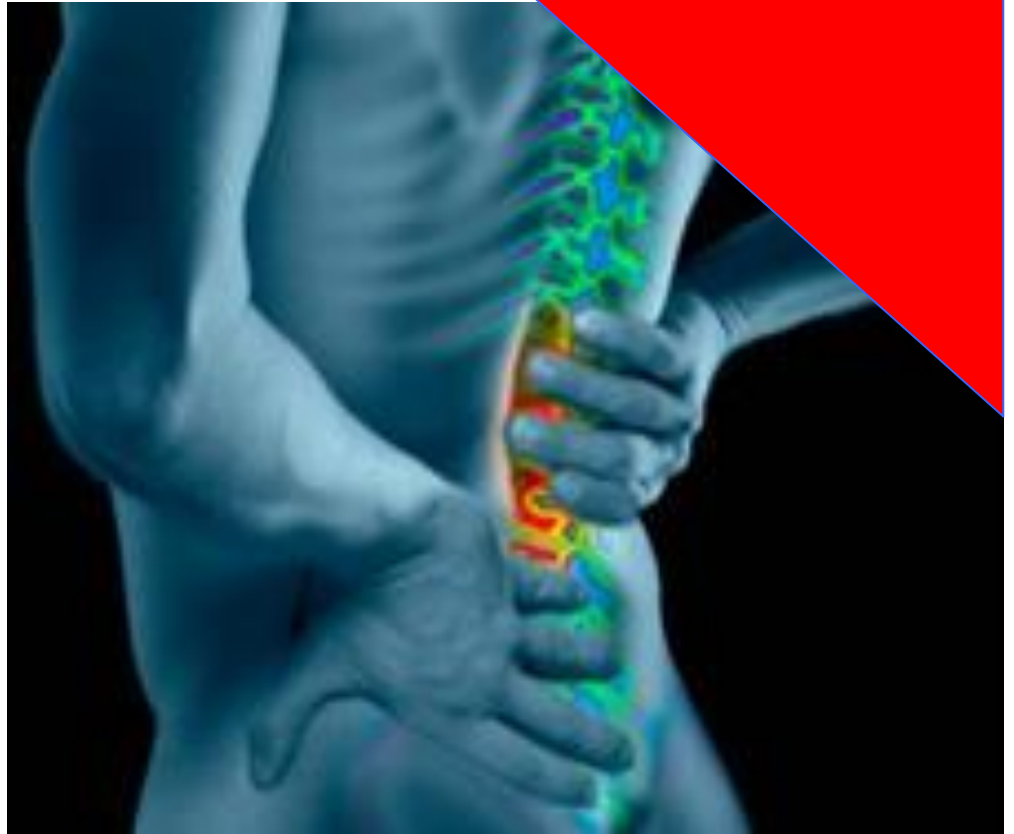


Common Causes of Back Pain

Improper Lifting
Poor Posture
Muscle Tightness
Car Accident
Disc Problem
Fall
Work Injury
Post Surgery



Back pain limits every aspect of your daily life. Medications make you groggy and you want to get back to your work, your family, and your everyday life. Don't suffer needlessly.

Physical therapy can help

- Strengthen postural muscles
- Learn good posture habits to decrease strain on your back
- Decrease muscle tightness with manual therapy and stretches
- Learn pain relief techniques
- Get back to your life!!

Call us!! 808-235-7999