

## Back and Neck Pain

Keeping your spine healthy is vital if you want to live an active life. The spine keeps your body upright, protects internal organs, and connects to your brain to allow for body movement. The discs, joints, and muscles in the spine are made up of connective tissue, which wears normally as we age. Many of the problems that cause neck and back pain are from abnormal wear and tear. Injuries over the years can add up and weaken the connective tissue. Once you experience back and neck pain it is likely that it will be recurring.

Fortunately, the recurrence is less likely if pain is treated by a trained physical therapist. Troxell & Mohr Physical Therapy is highly specialized in spine care. Treatment by our physical therapists will reduce pain and reduce the risk of re-injury.



## What Causes Back and Neck Pain?

In everyday life many occurrences of spinal pain appear. In most cases, a person relates their spine injury to an incident at work but it is just as likely that the injury occurred getting out of the car, working in the garden, or in an everyday activity. Spine pain that occurs throughout the day with a particular movement is typically triggering the recurrence of the original injury. To prevent the recurrence, you must receive proper treatment, education, and conditioning of supporting muscles.



## Treating Back and Neck Pain

Troxell & Mohr Physical Therapy has developed rehabilitation techniques to reduce pain and prevent the risk of recurrence of spinal injuries. Based on a comprehensive evaluation, steps for treatment may include:

- Evaluation of the spine condition
- Controlling pain and symptoms
- Normalize mobility and flexibility
- Strengthen supporting muscles
- Prevention of recurrence with home programs and self-spine care education

## Testimonials



*“After 14 years of back pain I can now return to the physical activities I used to enjoy. The staff at Troxell & Mohr Physical Therapy made all of my visits a pleasure.”*  
– Sharon Lindsey, Kingsburg, CA



*“I had severe back pain for over one year. I was unable to work due to back pain and leg pain. Now I have finished the back program at Troxell & Mohr and I am pain free.”* – Salvador Chia, Madera, CA



*“I came into physical therapy with back pain, muscle spasms and severe sciatica leg pain. I was unable to walk without a cane and could not sleep at night due to the pain. After six treatments at Troxell & Mohr Physical Therapy, my back and leg pain are gone.”* – Johnny Seitez, Madera, CA