

## OUR MISSION

The goal of JVS Rehab. is to exceed your expectations by providing you with the very best personalized rehabilitation services. We offer both physical therapy and speech-language pathology services.

Our facility prides itself on our experienced physical therapists, personalized approach, and a comfortable setting for our patients. Your rehab. program is individualized and consistent. Our therapists use proven (evidence-based) techniques and continually update their knowledge through continuing education courses.

## DIRECTIONS

Take route 29. Exit at Little Patuxent Parkway / Columbia Town Center. Stay to the right and take Governor Warfield Parkway. Century Plaza will be on your right just before Gov. Warfield Parkway reconnects to Little Patuxent Parkway.

	<b>JVS Rehabilitation, Inc.</b> Locally Owned and Operated
<b>Century Plaza, Suite 129</b> <b>10632 Little Patuxent Parkway</b> <b>Columbia, MD 21044</b>	
<b>Phone: 410-740-0300</b> <b>E-mail: <a href="mailto:contactJVS@JVSrehab.com">contactJVS@JVSrehab.com</a></b>	

# Physical Therapy For Back Pain

## We Can Help

Back Pain is a common, yet complicated problem. Causing many to miss work and stop or limit their usual activities. We have developed and refined our approach to help you attain **RESULTS** so you can return to your normal lifestyle.



Individual care, a team approach, we will find the treatment that works for you.

## Back Pain Facts:

**COMMON:** You are not alone.

- ◆ 5th most common reason for physician visits.
- ◆ 9 out of 10 adults experience back pain at some point in their life and 5 out of 10 working adults have back pain every year.

**COMPLICATED:** The Pain -

- ◆ Can originate from the muscles, nerves, bones, or joints.
- ◆ Can have a sudden onset or be chronic.
- ◆ Can be constant or intermittent
- ◆ Can stay in one place or radiate to others.
- ◆ Can be a dull ache or sharp pain.

“Not all treatments work for all conditions or for all individuals with the same condition, and many find that they need to try several treatment options to determine what works best for them.” (Find this quote and facts on the internet at Wikipedia, [http://en.wikipedia.org/wiki/Back\\_pain](http://en.wikipedia.org/wiki/Back_pain)

## Steps to Fix Your Back

1. Receive a Medical Diagnosis from your Physician to determine what is the cause of the pain.
2. Initial Evaluation—We use an evidence-based evaluation for back pain. This involves a 1 on 1 hands-on spine/pelvis/hip, muscular and postural evaluation. This may include 30-40 different tests using 5 different positions. We **ONLY** test what the individual can tolerate.
3. We use this information to establish a **SPECIFIC** treatment plan for the individual.
4. We have 6 Physical Therapists all trained in the same evaluation process but also each has their own techniques based on years of experience and training. ( They don't want me to disclose exactly how many years of experience but lets just say there are 3 digits in the total!)
5. If one treatment plan doesn't seem to be working they consult with each other for new ideas or often share patients so the patient gets the benefit of more than one therapist helping to solve their problem.