Baptist Rehabilitation Back Program

Reducing Pain • Restoring Function • Progressive Phased Exercises
Manual Therapy • Back Education • Preventing Injury

Most people experience some kind of back pain in their lives, and the symptoms can vary greatly from muscle aches to shooting pain down the leg. Back pain can be caused by a number of issues and most times resolves without medical help. If it does not, you may need the expertise of a health care professional.

The Baptist Rehabilitation Back Program is a comprehensive, researched-based plan for addressing your back pain. Our therapists incorporate manual physical therapy in conjunction with education and a progressive, multi-phased home exercise program to reduce and manage your back pain.

We will tailor the back program for your specific needs. Our treatment protocols address the needs of a variety of individuals, from the high school athlete and homemaker to the office worker and senior golfer. We also treat those who have become weak and deconditioned from chronic pain.

Our goal is to allow you to improve your quality of life by taking care of your back. The Baptist Rehabilitation Back Program will help you regain movement and strength to reduce back pain and give you the tools you need to stop it from returning.

Baptist Rehabilitation is a full-service program staffed by licensed, experienced physical, occupational and speech therapists; exercise specialists and physiologists; massage therapists; athletic trainers and registered nurses who are experts in providing care to alleviate pain and restore function. Special rehabilitation services are provided for back pain, balance/vestibular disorders, heart-related problems, industrial injury prevention and treatment, neurological illnesses, orthopaedic injuries, pulmonary issues, swallowing disorders, temporomandibular joint disorder (TMJ) and voice-related conditions. For more information, visit www.e-baptisthealth.com/rehab or call 904.202.4200.