

DOMINION HEALTH & FITNESS Inc.

Physical Therapy

Physical Therapy is more than a treatment of an injury or illness. It is a process of treating each patient as an individual.

By considering the patient's emotional, as well as physical needs, we can better assist the patient toward full recovery.



PHYSICIAN REFERRAL

PATIENT'S NAME:

DIAGNOSIS:

PRECAUTIONS:

- Evaluate and Treat
- Lymphedema
- Post Treatment Cancer Care/Education
- Functional Conditioning
- Therapeutic Exercise
- Post-Mastectomy Therapy
- Modalities (TENS, E-stim.)
- Other: _____

COMMENTS:

FREQUENCY: _____ times per week for
_____ weeks

Signature: _____

(Physician signature)

Date: _____

**Referrals are accepted from any physician.
A physician's order and diagnosis are
required for evaluation and treatment. We
accept most insurances including Medicare.**

DHF

How Can Physical Therapy help your Back Pain?

*Outcome Based Therapy &
Wellness Close to Home*

Dominion Health & Fitness, Inc.

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Physical Therapist's Role in Back Pain

Physical therapists, who are experts in restoring and improving motion in people's lives, plan an important role not only in treating persistent or recurrent low back pain, but also in prevention and risk reduction. Physical therapists are highly-educated, licensed health care professionals who can help patients reduce pain and improve or restore mobility—in many cases without expensive surgery or the side effects of medications.

If you have experienced low back pain, you are not alone. Approximately one quarter of Americans report experiencing low back pain within the past 3 months at any given time*. Low back pain often occurs due to overuse, strain or injury. This includes too much bending, twisting, lifting, and even too much sitting.

*Spine November 2006



How can you prevent Low Back Pain?

- ◆ Keep your back, stomach, and leg muscles strong and flexible
- ◆ Keep your body in alignment, so it can be more efficient when you move
- ◆ Don't slouch—keep good posture
- ◆ Use good body positioning at work, home, or during leisure activities
- ◆ When lifting, keep the load close to your body
- ◆ Ask for help or use an assistive device to lift heavy objects
- ◆ Maintain a regular physical fitness regimen. Staying active can help to prevent injuries

What To Do When You Have Low Back Pain

In most cases, low back pain is mild and will disappear on its own. However, for some people, back pain can return or persist, leading to a decrease in quality of life or even disability.

Stay active and do as much of your normal routine as possible when you have low back pain. Bed rest for longer than a day can slow down your recovery. If pain lasts more than a few days or gets worse, then you should see your doctor and ask for an appointment with a physical therapist.

How a Physical Therapist Can Help

Not all low back pain is the same and your treatment should be tailored to suit your specific condition. You should expect the following from a physical therapist:

- Individualized assessment: You will be asked a number of questions about your specific condition and the therapist will thoroughly examine you for problems of posture, flexibility, strength, joint mobility, and movement. Attention will be given to how you use your body at work, home, during sports, and at leisure.
- Individualized treatment plan: Your physical therapist will develop a plan designed for your specific type of back problem. This may consist of:
 - Treatment to decrease pain and restore mobility
 - Manual therapy techniques to improve mobility of joints and soft tissues
 - Specific strengthening and/or flexibility exercises
 - Education about care of your back and training for proper lifting, bending, sitting, sleeping, and doing chores both at work and in the home