

Current research demonstrates that the sooner a patient is able to begin a comprehensive physical therapy program, the better the outcomes measures for patient satisfaction, pain relief, and return to their prior level of function. The Virginia Mason Medical Center study demonstrated an average cost savings of \$1200 per patient in the treatment of Low Back Pain with early PT intervention.

Classification Systems for Lumbar Spine and Cervical Spine

LUMBAR SPINE	CERVICAL SPINE
Mobilization: Hands on care provided by the therapist to restore normal motion and relieve pain	Mobilization: Hands on care, utilized for cervical traction, soft tissue stretching, and pain relief
Traction: Typically, people with LE radicular symptoms, Degenerative Disc Disease, or Stenosis	Postural Dysfunction: Patient has postural changes that are contributing to cervical pain and loss of motion.
Stabilization: A specific exercise protocol to improve core stability and strength to support the lumbar spine	Headache: Generally caused by upper cervical spine dysfunction combined with soft tissue changes and postural dysfunction.

Correct treatment classification by the Physical Therapist leads to a better outcome for your patients!



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