

Services

Back Pain and Neck Pain

Each year more than 31 million Americans suffer from back and neck pain and it remains a major cause of lost time from work. Both conditions can seriously impact our quality of life and our full enjoyment of it.

The physical therapists at Restoration Physical Therapy in Media, PA offer the latest evidence-based techniques to evaluate the cause of the pain and plan an effective treatment program to combat it.

A major problem for many patients seeking our help is sciatica, an often severe pain that stretches along the sciatic nerve from the lower back through the hips and buttocks and down each leg. It normally impacts just one side of the body.

It is most often linked to a bone spur on the spine, a herniated disk, or spinal stenosis (the narrowing of the spine).

As overwhelming as this pain can feel to those afflicted, it can usually be eased without any surgical procedures after a month or two of physical therapy. At Restoration Physical Therapy, we have successfully treated a high number of patients suffering with sciatica and that remains the biggest call for help within the category of back pain.

Besides sciatica, trauma, fractures and injuries, there are numerous causes of back and neck pain. They range from strenuous activity or overuse to degeneration of vertebrae, infection, poor muscle tone, and muscle tension or spasm. There can also be underlying causes such as conditions or abnormal growth issues.

Once the root cause is determined, we work on a rehabilitation program designed to meet each patient's individual needs. Our goal is to help you return to a high level of functionality and improve your quality of life.

This generally means a combination of therapy along with exercise programs to build strength and increase range of motion often combined with pain management techniques.