

Physical Therapy

Definition

The art and science of assessing and restoring motion (of a joint or the body), reducing pain and swelling, and returning patients to their previously active lifestyle so they age successfully.

Physical therapy is the only healthcare discipline which addresses motion and activity.



Chronic Back Pain



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For an active lifestyle

Sequoia PT and ReVita Institute

Sequoia Physical Therapy offers a proprietary treatment for chronic back pain developed by Revita Institute. Types of back pain treated include:

- *Disc bulge/ herniation* – Discs act as shock absorbers between the vertebrae. When discs develop a bulge or herniation, they cause chronic or recurrent back pain. Even a slight wrong movement may set off a painful episode.
- *Pinched nerve* – When a nerve is compressed, it can cause shooting pain into the hip or down the leg into the feet. Often this is caused by a disc bulge or herniation, but it can also be caused by degenerative changes and muscle spasms.
- *Degenerative disc disease* – As we age, discs tend to become thin and dried out. This can be very painful especially early in the morning and late in the day.
- *Lumbar osteoarthritis* - Also known as degenerative joint disease, this describes when the facet joints of the lumbar spine become painful and inflamed.
- *Post-surgical / Chemical radiculitis* – The RevitaBack program is great therapy after a back surgery. Some people experience a numbing or burning sensation into the hips and down the legs known as chemical radiculitis.

Why Try Revita Program First?

The RevitaBack program has had tremendous success treating the above conditions. The goal of treatment is to reduce pain and radicular symptoms, restore normal motion and flexibility and to increase core strength to support the spine to prevent future injury. Many

patients who did not respond to earlier physical therapy did respond to RevitaBack and were able to avoid back surgery.

What To Do Before Your Appointment

Follow any advice your doctor gives you.

Avoid heavy lifting, twisting and bending or any movements which cause your back to hurt more. Apply ice for up to 15 minutes at a time to reduce pain and swelling.

Visit <http://www.sequoiapt.com/forms.html> and locate the Patient Intake Form. Click the link, then type your information into the form and print it out to bring with you to the appointment. This will save time. Do the same with the Oswestry Low Back Pain Scale.

What To Expect At Your First PT Visit

You should come dressed casually and comfortably as possible whether standing, sitting or lying down.

If you have not completed the Patient Intake Form and Oswestry Low Back Pain Scale online, you will need to do so at the first visit. Along with some insurance related paperwork.

The physical therapist will then perform a full evaluation of your physical situation looking for deficits in normal motion, strength and flexibility. At the end of the eval, you will receive some treatment to begin the healing process.

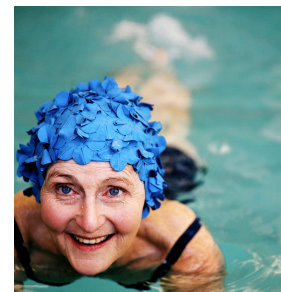


What Is the Treatment Like?

•Vibration with Intermittent Traction – Mechanical traction has been used in physical therapy for decades. Vibration

with intermittent traction has proven to be much more gentle and far more effective than static mechanical traction.

•Hands-On Manual Therapy – Depending on your case, the PT will provide one or more manual therapy techniques during treatment.



•Partially Unweighted Walking – You will be asked to walk on a treadmill while partially un-

weighted. The lumbar is slightly distracted as you exercise.

•Core Exercises – It is vitally important to strengthen your core muscles which support your spine to prevent future injuries.

•Modalities – You may also receive modalities such as ice, electrical stimulation or laser therapy to help muscles relax after therapy and exercise.

How Many Treatments Do I Need?

For most patients with chronic back pain and radicular symptoms, the protocol calls for 24 treatment sessions. If you need fewer, the PT will be able to tell you.

It is vitally important you complete the entire treatment protocol given. You may be completely pain free in six treatments or less, but this does not mean your back is healthy. The pain commonly returns to patients who do not complete all 24 sessions, so if you want to get a lasting result you must make a commitment to complete the treatment. You should receive three treatments a week for the first two weeks, then you can come in 2-3 times a week.