

GEISINGER HEALTHSOUTH REHABILITATION

2 Rehab Lane • Danville, PA 17821

(800) 232-8260 www.geisingerhealthsouth.com

“...A Higher Level of Care”

FACT SHEET

Individualized Spine Program

80% of Americans will experience an episode of back pain at some point in their lives.

Geisinger HealthSouth Rehabilitation offers individualized programs for your back and neck pain. The goal of the Spine Program is to return our patients to their previous level of function as quickly and safely as possible.

During the first visit an initial evaluation will be completed. The physical therapist will take a detailed history including how and when the pain started and positions or activities that make it worse. Next, the therapist will complete a musculoskeletal screen to determine current range of motion and strength measures. At the completion of the evaluation, the individual treatment plan will be developed and reviewed with the patient. This plan is based on the patient's symptoms and previous level of activity.

Program focuses on:

- Reducing pain
- Education
- Functional restoration
- Increasing range of motion and strength
- Prevention
- Postural retraining

Who can benefit?

- Arthritis management and joint pain
- Back/neck sprain
- Lumbar disc degeneration
- Spinal stenosis
- Whiplash injuries
- Work injuries