

Why Physical Therapy?

Physical therapists are rehabilitation specialists extensively trained in evaluation and treatment of the musculoskeletal system. Working in a team approach with your doctor, your physical therapist:

- Evaluates the joints, muscles, and nerves of the spine and works to determine the best individualized treatment program for you. Most importantly, you will learn how to best self manage your pain.
- Initiates pain-reducing steps including ice, heat, ultrasound, massage, traction, and electrical stimulation to help increase your comfort.
- Utilizes mobilization techniques to help restore normal joint movement to the spine.
- Assesses your posture and body mechanics. These issues can contribute to your symptoms. Poor postural alignment can cause stress to the joints, muscles and nerves of the spine. Poor body mechanics (the way you move) can overwork the spine, leading to injury.
- Instructs and trains you in a program of stretching, strengthening and coordination exercises designed to improve posture, strength, flexibility, and healthy spine habits to create long-lasting changes. Research has proven physical therapy to be effective in treating acute low back pain,¹⁻² more than just bed rest^{1,3}.
- Helps you get back to living! For example, physical therapy has been shown to reduce the number of work days lost due to back pain⁴. With therapy, you will also reduce your chances of having another back injury in the future⁵.

Mission

Jackson County Physical Therapy is committed to supporting you on your return to optimal health and well-being.

Jackson County Physical Therapy Locations

Ashland

370 E. Hersey St. Ste 1
(541) 482-6360

Eagle Point

158 W. Main St.
(541) 830-0914

Medford

36 Hawthorne St.
(541) 776-2333

Phoenix

242 Fern Valley Rd.
(541) 512-0757

Vision

Jackson County Physical Therapy aspires to improve the quality of life of our patients by creating an environment that promotes wellness. We are committed to providing an experienced, caring staff dedicated to learning, teaching and personal development. We strive for a safe and confidential setting with unparalleled individualized care. We will listen compassionately to your concerns and consistently provide our services with integrity.

Research References

1. Shiple BJ. Exercise is medicine: Treating low back pain: exercise knows and unknowns. *Physician Sports Medicine*. 1997 Aug; 25(8):51-2.
2. Clare HA, Adams R, Maher CG. A systematic review of efficacy of McKenzie therapy for spinal pain. *Australian Journal of Physiotherapy*. 2004; 50(4):209-16.
3. Dostendorp R, et al. Evidence-based practice in physical and manual therapy. *Journal of Manual and Manipulative Therapy*. 2004 Vol 12, No 1:21-31.
4. Ljunggren AE, et al. Effect of exercise on sick leave due to low back pain: a randomized, comparative, long term study. *Spine*. 1997 July 15; 22(14):1610-7.
5. Hides JA, Juss GA, Richardson CA. Long term effects of specific stabilizing exercises for first-episode low back pain. *Spine*. 2001; 26(11): E243-248.

Acute Back Pain



**JACKSON
COUNTY
PHYSICAL
THERAPY, LLP**

Heal Your Body. Strengthen Your Life...

HOW DID THIS HAPPEN?

Common ways of hurting your back:

- Physical activity such as housework or yard work, especially bending and twisting
- Participating in sports
- An accident, including car accidents
- Moving to a new home (packing and lifting)
- Taking care of young children (bending and lifting)
- Making a bed
- Putting on shoes or stockings
- Sitting with bad posture, especially over long periods of time

WHAT CAN THE PAIN FEEL LIKE?



Pain may be moderate to severe. The pain may be constant, or it may come and go. Pain may also spread or shoot down the hip, thigh, leg or foot. There may also be numbness and tingling in your leg or foot.

Things that may make you feel worse:

- Sitting in one place for a long time
- Moving your spine, especially when bending forward
- Walking extended distances
- Staying in one body position for long periods of time
- Standing up straight
- Coughing or sneezing

WHAT CAN I DO TO HELP MYSELF?

Things that may make you feel better (although pain may not go completely away):

- Lying down with knees bent, pillow under knees
- Lying on side with knees bent, pillow between the knees
- Minimizing strenuous activity, icing back (and legs if necessary)
- Using anti-inflammatories, pain killers, muscle relaxants or other medications as directed by your medical provider
- Walking a little or gentle movements
- Physical therapy treatment^{1,2,3,4,5}

IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS, CONTACT YOUR DOCTOR IMMEDIATELY:

- Pain or numbness travels down one or both legs
- Pain awakens you from sleep
- You are finding it difficult to pass urine or have a bowel movement
- Pain is accompanied by loss of control of urination or bowel movements



Physician Referral Slip Jackson County Physical Therapy:

Name _____

Diagnosis _____

ICD - 9 Code _____

Precautions _____

____ Evaluate and Treat ____ Heat

____ Therapeutic exercise ____ Cryotherapy

____ Joint Mobilization ____ Iontophoresis

____ Ultrasound ____ Phonophoresis

____ Massage ____ Electrotherapy

____ Traction ____ Neuromuscular re-education

____ Core Stabilization

Rx Treatment Prescription:

Rx Treatment Goals:

_____ times/week _____ weeks

_____ Date _____ Physician Signature

_____ Stamp or Print Physician Name