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HEALTH & FITNESS

– Advertorials

How to treat Low Back Pain



If you currently have low back pain or have ever suffered from back pain you know that it can be one of the most frustrating, painful and debilitating of all the body complaints. As a Physical Therapist and owner of Fairplay Therapy Center, I know that most low back pain is triggered by some combination of misalignment, overuse, connective tissue restriction, muscle strain, and injury to the muscles, ligaments, and discs that support the spine. There can also be an emotional component that has contributed to the issue or brought on by the feeling of helplessness associated with experiencing back pain. At Fairplay Therapy Center we specialize in establishing your goals and objectives to design an individualized treatment plan that not only reduces the pain and symptoms but also addresses the underlying causes. Our team of highly trained therapists specialize in working together to provide complete holistic care utilizing a variety of modalities.

Our treatment plans address all of the integral components linked with healing and recovery which include the skeletal system, fascia and connective tissue, soft tissue and muscles and somatic and emotional components. To address all of these individual systems your treatments at Fairplay Therapy Center will include a mixture of modalities including manual therapy to assess and align the structure of your body, dry needling

and soft tissue massage to reduce spasms and release muscles, ThetaHealing a technique to zero in on beliefs that prevent healing, an education in MELT self treatment techniques to hydrate and release the connective tissue and the development of a core strengthening program to prevent further reoccurrences. To find out more about our services, treatment plans and how to address your low back pain, call for a free initial evaluation. This promotion will be available for the entire month of October in celebration of Physical Therapy month. Contact us at (719) 836 1833 to schedule your free initial evaluation. Most major insurance plans accepted.

Julia Anderson, P.T.

