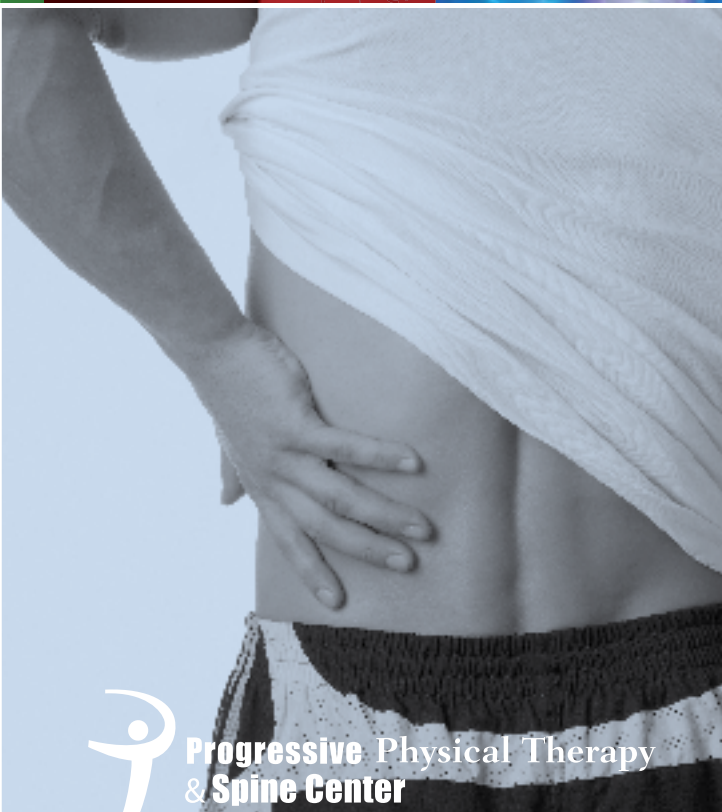


# neck and back problems?

OUR  
REVOLUTIONARY  
APPROACH



**Progressive Physical Therapy  
& Spine Center**

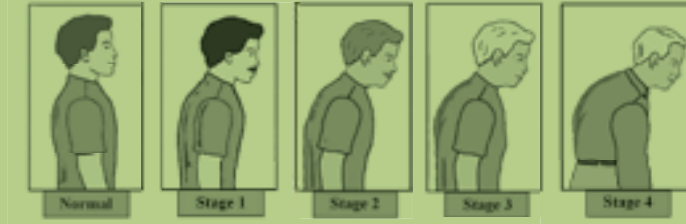
*The Leader in Innovative Therapies*




**At Progressive Physical Therapy & Spine Center, we treat the source of your pain, not just the symptoms.**

**Here's how we achieve lasting results:**

- **We perform a thorough analysis of the condition of the spine in order to tailor our proven Fitch/O'Reilly treatment regimen to meet your specific needs.**
- **We use revolutionary physical therapy techniques selectively to strengthen the muscles that stabilize the spine.**
- **We utilize advanced technology to accurately measure patients' spinal range of motion and strength.**
- **Our staff teaches ergonomic principles, so patients learn to prevent and reverse chronic postural deterioration.**
- **Through routine follow-up care, patients can prevent neck and back pain for a lifetime.**



**When not treated, localized spinal instabilities, which cause neck and back pain, can lead to chronic postural deterioration (CPD), as shown above.**

 **Progressive Physical Therapy & Spine Center**  
*The Leader in Innovative Therapies*



**Most chronic neck and back pain results from spinal instability.**

## Helping Patients Live Pain-Free

**Our skilled, experienced therapists are committed to providing the newest, most effective therapies and advanced technologies, along with patient education that helps prevent neck and back pain for life.**

Our Neck and Back Rehabilitation Program:

- lasts 2 to 12 weeks
- includes a total of 6 to 36 treatments
- monitors patients every six months after initial program is completed
- accepts most major insurance plans

Most patients who have experienced ongoing back problems don't have to be told that there exists a **great big gaping hole** in healthcare concerning effective treatment of the back and neck. Most conventional treatment practices **simply do not work** very well.

A study completed in 2003 concluded the following:

**"Certainly, the historical lack of success of the rehabilitation and medical professions in treating lower back pain should serve as sufficient motivation to look to more evidence-based models..." We've done just that. Our revolutionary solution to spinal rehabilitation is the Fitch/O'Reilly Protocol™ used exclusively at Progressive Physical Therapy.**

## More Effective Treatment For Neck and Back Pain

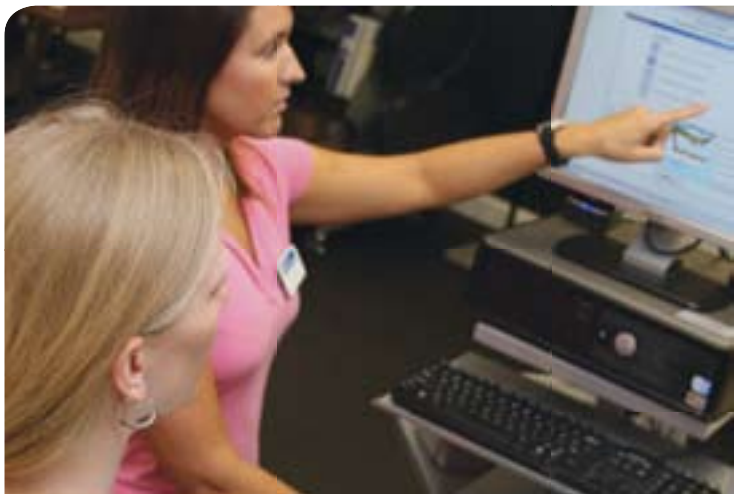
At Progressive Physical Therapy & Spine Center, we take a different approach to your pain. We treat the source of it, not the symptoms. Two of the most common causes of neck and back pain include:

Chronic Postural Deterioration (CPD) is a condition that results when we mold to our sitting positions and round forward. Americans sit more than any other nation. Sitting at computers, in cars, and in front of the television puts twice as much pressure on our spines as standing. Our bodies gradually creep into a posture that not only makes us look older, it creates the progressive deterioration of spinal components, leading to neck and back pain.

Whiplash is a traumatic condition which can resemble the problems caused by CPD. Supporting ligaments and muscles of the neck are compromised, leading to pain and instability of the spine as well as the deterioration of spinal components.

Our evidence-based and effective plans work to strengthen the muscles that help support the spine to decrease pain and improve function. **Our Neck and Back Rehabilitation Program can reduce and even reverse CPD, whiplash and other similar conditions.**

**Like any treatable progressive disease, the earlier the problem is identified and treated, the better. If you're experiencing neck or back pain, our revolutionary rehabilitation program could be right for you. Call Progressive Physical Therapy & Spine Center today toll-free at 1-800-630-5240 and start living pain-free.**



**Progressive  
Physical Therapy  
& Spine Center**

*The Leader in Innovative Therapies*

**“Before becoming a patient at Progressive Physical Therapy & Spine Center, I suffered with lower back pain for years. I tried going to a chiropractor and a massage therapist, but they only gave me short-term relief.**

**The caring team of therapists at Progressive Physical Therapy & Spine Center helped me achieve long-term results. They explained to me what was causing my pain, designed a custom program to target my problem areas, and taught me strengthening exercises, along with ergonomics, to help improve my range of motion and get rid of my pain—for good.**

**Now, as a result of the program, I can do everything from working and cleaning to sleeping and playing without pain.”**

**— Jessica, patient**

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