

## About 21st Century Rehab

21<sup>st</sup> Century Rehab is dedicated to you, and in providing the utmost of patient-centered care. Whether you need intensive rehabilitation after a sport injury or surgery, or occupational health services for your employees, or quick recovery from back or neck pain, you'll find the services you need at 21<sup>st</sup> Century Rehab. We look forward to becoming a resource for your good health...now and after your therapy is over.

Our staff of physical, occupational, and speech therapists and certified athletic trainers provides treatment for the following injuries:

- Arm, Wrist or Hand Problems
- Carpal Tunnel Syndrome
- Pain and/or Dysfunction Related to Arthritis
- Balance Impairments or Vertigo
- Post-Surgical Rehabilitation
- Athletic Injuries
- Occupational Health (Consultation, Risk Reduction Services and Treatment of Work-Related Injuries)
- Back, Neck and Shoulder Pain
- Hip, Knee, Ankle or Foot Pain
- TMJ Disorders, Headaches, or Facial Pain

## LOCATIONS

[www.21stcenturyrehab.com](http://www.21stcenturyrehab.com)

Corporate Office  
P.O. Box 461  
Nevada, IA 50201  
Ph: 515-382-3366

612 8th Street SW  
Altoona, IA 50009  
Ph: 515-967-4124

130 N 1st Street  
Carlisle, IA 50047  
Ph: 515-989-0100

Indianola Physical Therapy  
1507 N. 1st Street  
Indianola, IA 50125  
Ph: 515-961-7435

209 W. 2nd Street  
Madrid, IA 50156  
Ph: 515-795-2427

Dallas County Hospital  
610 Tenth Street  
Perry, IA 50220  
Ph: 515-465-7672

Franklin General Hospital  
1720 Central Ave E  
Hampton, IA 50441  
Ph: 641-456-5034

Greene County Medical Center  
100 West Lincolnway Street  
Jefferson, IA 50129  
Ph: 515-386-0284

Knoxville Hospitals & Clinics  
1002 South Lincoln  
Knoxville, IA 50138  
Ph: 641-842-1464

Van Diest Medical Center  
800 Ohio Street  
Webster City, IA 50595  
Ph: 515-832-7735

Story County Medical Center  
630 Sixth Street  
Nevada, IA 50201  
Ph: 515-382-7008

Wayne County Hospital  
417 South East Street  
Corydon, IA 50060  
Ph: 641-872-5278



**21<sup>st</sup>CENTURY**<sup>®</sup>  
**REHAB**  
Work well. Play well. Live well.

## BACK PAIN

*Taking Care of Your Back*





*Back pain is the most common cause of loss of activity among adults under 45. It's estimated that over 80% of all American workers suffer back pain at some time during their careers.*

## Your Back

By far the most common site of back pain and injury is the lumbar region – the low back. Your lumbar spine bears the brunt of bending, stooping, sitting and worst of all, lifting. Low back pain usually emanates from degenerative changes to the lumbar discs.

With aging, the resilient disc material dries out, shrinks and loses some of its “spring.” Under the stress of lifting, coughing, or sitting improperly, the deteriorated disc can bulge or even rupture, spilling its spongy pulp into the surrounding space.

This herniated disc can press on the adjacent nerve root. This irritation can cause pain, numbness and tingling, or painful muscle spasms.

Loss of disc thickness can also cause wear and arthritic enlargement of the facet joint, constricting the space between the vertebrae leading to abnormal pressure on the nerve.

## Avoiding Back Injury

Since we can't avoid every stressful activity, the key to avoiding back injury lies in minimizing the risk inherent in any activity by applying these simple principles.

**Work on your posture.** Don't slouch. Maintain the natural “arch” in your lower back whether standing or sitting.

**Lift with your legs.** Don't bend over the object, bend your legs and keep your back straight. And most important, don't twist as you lift!

**Sit with care.** Prolonged sitting in one position is a back hazard you might not suspect. Lumbar support and periodic breaks to move around are essential.

**Control your weight.** Being overweight, especially if you have a “pot belly,” puts added stress on your lower back.

## Treatments for Bad Backs

**Bed Rest.** Sometimes bed rest is best for an injured back, especially right after the injury. Consult your doctor or physical therapist to see if bed rest is the best thing for your back. Usually ice is always best for your back immediately after an injury or pain episode to help ease muscle spasm, decrease inflammation and relieve pain.

**Pain Medication.** Pain medication prescribed by your physician will help get you through the period of most severe pain, but it may not completely solve your problem. Medications are more for the short-term unless your pain is chronic. If your back pain is chronic, medication will help you control your symptoms but you will need additional treatments, also.

**Traction.** Some studies indicate that short applications of lumbar traction in a clinical outpatient setting can be effective treatment. This treatment helps take pressure off the vertebrae (bones) and discs (pads between the bones) and nerves to help relieve pain and improve circulation.

**Manipulation.** Manual mobilization of the lumbar region may assist recovery; restoring range of motion, reducing spasm, and stimulating circulation.

**Mobilization.** Manual mobilization of the lumbar region may assist recovery; restoring range of motion, reducing spasm, and stimulating circulation.

**Epidural Injection.** Epidural injection of anti-inflammatory or pain medication has been shown to be an effective treatment for many patients with low-back symptoms. This procedure is usually done on outpatient basis by an anesthesiologist and helps to reduce the inflammation, pain, and swelling near the nerve roots and spinal cord in your low back.

**Surgery.** Surgery should be considered only with the failure of conservative treatment to control severe, chronic pain, or neurological symptoms. While laminectomy (a procedure that allows removal of disc material) enjoys a good success rate, there are risks. It may be wise to talk with several orthopedic or neurosurgeons before taking this serious step.

## How Physical Therapy Can Help Your Back

**Evaluation.** Physical therapy places the greatest emphasis on this process. Your therapist will take the time to talk with you and perform a thorough physical evaluation to identify the dysfunction that causes your pain with input from your physician.

**Therapy.** Your physical therapist will plan a treatment regimen suited to your individual problem, and begin working to restore flexibility and ease discomfort. Treatment may include electrical stimulation, ultrasound, manual therapy, stretching traction, mobilization and exercise for relaxation, conditioning, and restoring range of motion.

**Teaching.** You don't need to become an ‘expert’ to avoid or overcome injury, but you may need to learn some new habits. Your physical therapist will help you continue therapy on your own with a home program designed to fit your needs.

**Aftercare.** The goal of physical therapy is to return you to normal life as soon as possible, with the skills you need to prevent reinjury.

