



Back Pain Symptom Recovery Program

First Step Physical Therapy has a dynamic, aggressive, and very unique program focusing on optimal symptom recovery from any and all Back Pain and Stiffness.

Mission Statement / Philosophy

The **GOAL** of the Back Pain Symptom Recovery Program:

To restore health, hope and optimal function to all clients diagnosed with Back Pain.

Our First Step PT **MISSION** is two-fold:

- 1) To educate the Back Pain client and their family about the body's ability to heal, thus working to restore hope in their potential for recovery.
- 2) To provide the Back Pain population with the most recent and advanced diagnostic, structural and functional symptom recovery program available throughout the world.



PHILOSOPHY:

The Back Pain recovery team strongly believes all clients with Back Pain have the potential for recovery beyond the traditional predictors of outcome. We believe there is no one single answer for Back Pain; however, with a combined approach of treating the entire body, we know recovery is possible. Because it is vital for the Back Pain client to play an active role in their recovery process, we feel it is empowering for the client to participate in the goal setting process, functional rehabilitation, and nutritional wellness programs. Our team is committed to providing ongoing support to clients and their families throughout their recovery process. We are dedicated to further advancement of techniques through ongoing clinical research.

Specifics

First Step Physical Therapy is successfully assisting with the optimal rehabilitation of clients with back pain of all types from around the world. All clients with a back pain begin with a thorough initial evaluation. Assessment is vital and continues throughout the Back Pain symptom recovery program. Immediate short-term goals and long term goals are outlined on an individualized Quadrennial Plan. This individualized plan includes goals, a home program, and quarterly tracking of efforts and progress. It is reviewed and updated with the client, and all support persons, on a quarterly basis.

An individualized treatment plan of Symptom Recovery is drafted and begun. Typically, the initial plan addresses the neural shock and toxicity, opening routes of elimination, and blood supply. Manual Structural Correction (MSC) for all systems of the body lead to changes in orthopedic restrictions, sensory deficits, postural alignment, balance, spasticity, and overall strength and function.



Structure dictates function. Whenever there is an area of the body that is dysfunctional and limited in function, it is always important to begin the treatment process by addressing the structural problems of that area. Once the structure has begun to normalize, function can be addressed optimally.

Bracing and splinting for protection and alignment is assessed throughout the program. Nutritional support and education is given to clients and families. Sensory enhancement, reduction of synergic spasticity, and strengthening of muscle weakness are assisted with a home program of Threshold Electrical Stimulus (TES) and Neuro-muscular Electrical Stimulation (NMES).

Function allows ownership of structure. Once the client has begun treatment with Manual Structural Correction, symptom recovery can be progressed. The client begins extensive functional rehabilitation, which is continually modified throughout the therapy-based and home-based program. Consistent pictures and video are taken to document successful functional gains and rapid performance changes.

8 Essential Components

There are a total of 8 Essential Components to a successful Back Pain Symptom Recovery Program:

1. Manual Structural Correction
2. Sensory Assimilation
3. Mind Body Assimilation
4. Dietary Considerations
5. Dry Needling
6. Bracing and Taping
7. Modalities
8. Stage and Phase Exercise Progression

Manual Structural Correction (MSC)

MSC is a sophisticated hands-on approach directly affecting and improving structure. MSC is the first essential component to shifting your body's structural integrity to *MOVE* you well beyond the plateau.



Sensory Assimilation

The goal of Sensory Assimilation is to rekindle a person's sensory receptors and feedback pathways. This exceptional approach couples external demand stimulation with critical internal structural integrity work and physiologic electrical stimulation.

Mind Body Assimilation

The goal of Mind Body Assimilation is to focus a person's belief in getting better, which will greatly improve his/her compliance and participation in Symptom Recovery.

Dietary Considerations

The goal of the Dietary Considerations program is to educate you in how to optimize and balance your individual internal physiology with work physiology and repair physiology. It is key to establishing the availability of the building blocks for Symptom Recovery.

Dry Needling

Dry Needling is a form of therapy in which thin myofilament needles are inserted, without the use of injectate, into myofascial trigger points, ligaments, tendons, subcutaneous fascia, scar tissue, or near nerves to stimulate a healing response in painful neuromusculoskeletal conditions.

Bracing and Taping

The goal is to address and optimize alignment without interfering with function, ultimately speeding Symptom Recovery. Keeping current with advancements in taping including Kinesiology Taping have made First Step Physical Therapy a leader in the field.

Modalities

Advancing technology for enhancing circulation and removing inflammation and accelerating healing are essential components at First Step PT. Multiple levels of Electrical Stimulation, Micro Current (MC), Transcutaneous Electrical Nerve Stimulation (TENS), Therapeutic Electrical Stimulation (TES), Neuromuscular Electrical Stimulation (NMES) are strategically utilized for your Symptom Recovery along with Ultrasound, Far Infrared Heating, Acupressure with Infrared Heat, and Low Level Light Therapy (LLLT- cold laser).

Stage and Phase Exercise Progression

Symptom recovery has a predictable pattern of progression. First Step Physical Therapy take a developmental approach to exercise progression that assesses your current Stage of Symptom Recovery and focuses the exercise parameters appropriate for that particular Stage and Phase and to each successive stage and phase as recovery continues.



Social Media

Up to date Back Pain Recovery pictures and video can be viewed on the First Step Physical Therapy Facebook ([facebook.com/FSPhysicalTherapy](https://www.facebook.com/FSPhysicalTherapy)) and Twitter (twitter.com/1stStepPT) pages. Please join us on these social media outlets to support the exciting symptom recovery of First Step Physical Therapy clients.