



Back Pain

Is back pain limiting your ability to perform daily activities? Innovate Physical Therapy can help get you back to a pain-free life!

Impact of Back Pain

Back pain is experienced by 84% of the population.* This discomfort could result in difficulty participating in activities or missing work. Physical therapy can improve back strength and decrease pain.

Innovate can help:

- Assess strength and flexibility
- Create a home program to address any imbalances
- Educate on self-management
- Assess and educate on body mechanics
- Recommend ergonomic adjustments to eliminate pain

Call Innovate Physical Therapy today to learn about how we can help relieve your back pain.

*Source: Back Pain. In: StatPearls; StatPearls Publishing, Treasure Island (FL); 2022 Jan