

Common causes, symptoms, and treatments

We address dysfunctions in the musculoskeletal system using manual therapies, such as joint and soft tissue mobilization, to help decrease muscle spasm, myofascial restrictions, and joint dysfunctions. In addition, we provide supplemental exercises to address any muscle strength or flexibility imbalances, and to prevent recurrence of symptoms in the future. We also provide movement assessments and postural and ergonomic education to address your body position with functional and work tasks.

How we treat

At West Portland Physical Therapy Clinic, we strive to provide high quality patient-centered care. This means that we take into account each patient's unique experience and physical presentation, with rehabilitation focused on our patient's specific goals, as well as our own goals of preventing recurrence of symptoms in the future. With spine care, we are highly focused on returning our patients to their prior levels of activity using manual therapy, therapeutic exercise, and strategies for independent self-management.

Our practice begins with you

From age-related arthritis to work-related back injuries, and most everything in-between, we can help you with the many different causes of back pain. You don't have to live in pain. We can be your team leading you back on the road to recovery and healthier living.



Where health and healing come together for you.

We hope you begin to notice an improvement in your condition after your first visit.

A calm, comfortable atmosphere is conducive to effective treatment. You'll find it here.

Your activities and your passion are at the core of our focus on treatment.

Our therapists have expertise and experience in a wide range of activities, so we understand where you're coming from and where you want to go.

Long-term success begins with a focus on a home program. We understand what you need to progress rapidly.




West Portland
Physical Therapy
Clinic LLC

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Spine Care

West Portland Physical Therapy Clinic LLC





You don't
have to live
with pain.

You need a healthy spine to feel great

Low back pain is the most common complaint for which people seek physical therapy. However, the severity and nature of symptoms present differently for each individual experiencing pain. For this reason, we utilize a specialized plan of care for each patient. In the initial evaluation, your physical therapist will assess your spine to determine the reason for your back pain. Based on these findings, your therapist will develop a plan to address any deficits and provide modifications to your current functional activities to meet your goals. We also communicate with your referring provider for improved quality of care and determine when to refer you for further medical management, if necessary.

Your back pain doesn't have to define you

We understand that back pain can be chronic, frustrating, and debilitating. It can also make your work, school, and daily activities difficult to perform. Evidence shows that building up strength and stability can provide excellent outcomes to return you to pain-free movement, including lifting, reaching, carrying, pushing, and pulling tasks. We are here to help you understand your pain and get you back to the activities most important to you.

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Spinal diagnoses we treat

- Arthritis
- Cervicalgia (Neck Pain)
- Degenerative Disc Disease
- Generalized Low Back Pain (Lumbago)
- Radiculopathy (Sciatica)
- Disc Herniation (Slipped Disc)
- Spinal Stenosis
- Scoliosis
- Spondylosis & Spondylolisthesis
- Motor Vehicle Accidents (MVA)

Post-operative procedures we treat

- Spinal Fusion
- Laminotomy
- Foraminotomy
- Disc Replacement
- Laminectomy
- Facetectomy
- Discectomy
- Total Joint Replacement

Recovering from a work-related back injury

Spine injuries are common with both physical and sedentary jobs. Treatment for work-related back injuries may include assessment of movement patterns, biomechanics with lifting, and workplace ergonomics. With this information, we are able to identify the root cause of the injury and provide you with education regarding optimal ergonomic set-ups and body mechanics with moving. In addition, we can use manual therapy and exercise in order to prevent recurrent episodes or re-injury.

Recovering from a Motor Vehicle Accident

Neck and back pain are very common symptoms after an MVA, even in a low impact accident. Headaches are also common after an MVA and can be caused by tightness in the muscles of the neck and spine. Our assessment will include looking at posture, muscle tightness, any nerve involvement, and changes to joint position to develop a comprehensive treatment plan to address your symptoms.