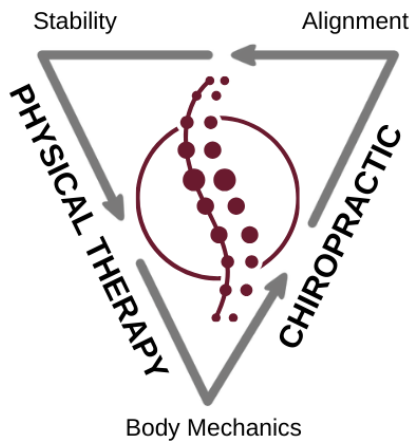


Feel Better. Move Better. Live Better.

How Physical Therapy & Chiropractic Care Work Together to Support Your Recovery

INTEGRACARE APPROACH: A personalized blend of therapeutic techniques designed to enhance strength, mobility, stability, and body mechanics—while promoting long-term function and back protection.



A COLLABORATIVE TREATMENT MODEL combining physical therapy and chiropractic care—*along with mechanical traction when appropriate*—has been shown to significantly improve recovery outcomes for low back pain.

PHYSICAL THERAPY BENEFITS

- **Abdominal Stability** – Build deep abdominal stability to support & protect your spine. Learn how to create your own 'back brace' internally with your transverse abdominus muscle.
- **Wake Up Your Glutes** – Improve glute strength to help with back protection, & power for bending, lifting, and daily movement.
- **Master Body Mechanics** – Learn safe ways to bend, lift, and twist to reduce pain and prevent future issues.
- **Reduce Stiffness Through Strength** – Target underlying weaknesses that have been leading to stiffness. Strength increases neurological safety to unlock better mobility and reduce tension.

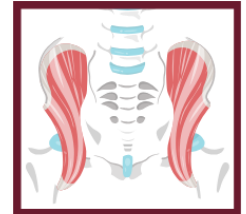
CHIROPRACTIC CARE BENEFITS

- **Improve Spinal Alignment** – Restore joint position and relieve pressure on surrounding tissues.
- **Enhance Flexibility & Mobility** – Increase ease of movement and overall range of motion.
- **Support Nervous System Health** – Optimize nerve function for better communication between brain and body.
- **Non-Invasive, Drug-Free Treatment** – Safe and holistic care that can include imaging if needed.
- **Prevent Future Injury** – Maintain spinal health and stay ahead of potential flare-ups.

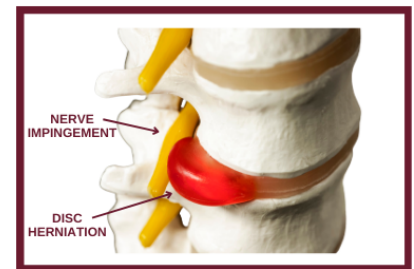
An estimated **75-85%** of Americans experience some form of back pain during their life.

Zalatimo, O. (2024, April 5). Low back pain. American Association of Neurological Surgeons.

Key muscle groups to strengthen to support your spine include: **abdominals, gluteals, hamstrings, & hip flexors.**



Progressive degenerative changes in your spine (shown below) can often be managed with the right approach. Learning how to protect your spine through focused strengthening, proper body mechanics, and back-friendly habits in PT can help reduce further wear and tear and keep you moving well for the long haul.



Treatment Plan May Include:

- A 12–16 week personalized care plan with physical therapy and/or chiropractic, possibly including lumbar traction (if appropriate)
- Strength-based physical therapy to improve spine stability and body mechanics.
- Chiropractic care focused on alignment, function, and overall healing.
- Referral to a medical provider or primary care physician for injection consultation and/or pain medication, if needed.

“There is reported improvement in recovery with the combination of mechanical lumbar traction alongside strengthening exercises in physical therapy.”

(Wang, Wenxian 2022)

Who Might Benefit From Mechanical Traction?

Spinal traction can be a helpful part of treatment for several back conditions, including:

- **Herniated or Bulging Discs** – When the soft inner part of a disc pushes through its tougher outer layer, potentially pressing on nearby nerves.
- **Lumbar Radiculopathy** – Nerve irritation or compression in the lower back, often causing pain, numbness, or tingling down the leg.
- **Facet Arthropathy** – Arthritis or degeneration in the small joints of the spine, which can lead to stiffness and localized back pain.
- **Degenerative Disc Disease (DDD)** – Age-related changes in the spinal discs that may cause discomfort, reduced mobility, or instability.

Lumbar disc herniation was diagnosed in **60-80%** of individuals ages 25-55, making it the most common cause of low back & leg pain.

(Wang, Wenxian 2022)