

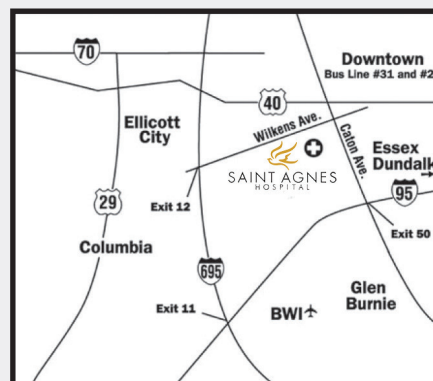
Do You Have Back Pain?

- 80% of the population will experience back pain at some point in their lives
- Back pain can result from a single trauma, but typically back pain results from overuse and repetitive actions. Other contributing factors are:
 - Poor posture
 - Lack of flexibility
 - Poor body mechanics
 - A general decline in fitness
 - Sedentary lifestyle
 - Illness and injury
 - Weight gain or loss
 - Pregnancy
 - Scar tissue

Spine Rehabilitation

Physical Therapy
Occupational Therapy

Saint Agnes Rehab
Mailstop 047
900 Caton Avenue
Baltimore, MD 21229
667-234-2800 (phone)
667-234-3532 (fax)



Saint Agnes is conveniently located off of Caton Avenue in Baltimore. Valet parking available at Main Entrance.

www.stagnes.org


SAINT AGNES
HEALTHCARE


ASCENSION

Spine Treatment and Services

Treatment of Spinal Ailments

Commonly treated spinal diagnoses include:

- Disc problems
- Stenosis
- Arthritis or degenerative joint disease
- Back Surgeries
- Joint instability
- Osteoporosis
- Sciatica
- General weakness or dysfunction
- Pregnancy-related back pain
- Scoliosis
- Muscle strain/spasms

Experienced Therapists

Therapists assist clients with spinal conditions by addressing all aspects of their dysfunction and by using a number of techniques, including:

- Manual therapy techniques
- Trunk/core strengthening
- Postural correction
- Instrument Assisted Soft Tissue Mobilization
- Balance & coordination training;
SMART Equitest™ balance system
- Individualized home exercise programs
- Balance & coordination training
- Instruction in proper use of Ergonomic principles for work, recreation, and daily activities
- **BTE PrimusRS**, a high-tech system used to regain function, strength and coordination
- Education about the condition and its causes

The outpatient Rehab team is ready to help *you* get *back* in action.

Convenient Facility

Outpatient Rehabilitation Services at Saint Agnes Hospital offers the following benefits:

- Flexible weekday hours for scheduling appointments
- Easy access to bus lines
- Valet parking
- A comfortable and friendly environment
- Specialized equipment to assist with range of motion, flexibility, muscle strengthening and pain management
- A Fitness Center on the premises with the option to join after therapy is completed
- Independence Square, a “virtual community,” is located indoors to simulate everyday experiences such as boarding a bus or car, shopping and other lifestyle activities