

Foothills Sports Medicine in Phoenix is pleased to announce the addition of ***The Back Education Program*** to our services.

- Do you experience pain in your back during your every day activities?
- Have you tried treatment for your back pain without completely successful results?
- Have you completed physical therapy but still have questions about how to keep your back pain from returning?
- Are you interested in learning how to prevent any injuries or pain in your back from occurring?

***The Back Education Program*** assists any individual with current back pain or a history of back pain. The program is also designed to educate individuals interested in learning how to protect their spine during all activities.

***The Back Education Program*** unique in that it is administered by a physical therapist, and many of the basic principals are applied to all individuals, but the *program is also adjusted to meet your personal needs*. We offer three, 45-minute sessions involving discussion of pain and spinal anatomy, demonstration and hands on practice of various postures, and one on one instruction in the exercises that are best suited for keeping your spine healthy.

We accept most insurance plans for this program. To sign up, call our front office at **602-241-3145**, and we will verify your benefits and schedule your first session. If you have other questions regarding this program, please contact Erin Walsh at [erin@foothillsrehab.com](mailto:erin@foothillsrehab.com) or by phone at 602-241-3145.

We look forward to helping you live a healthy, active, and pain-free lifestyle!

- Behind the common cold, low back pain is the second leading reason for calling in sick to work.
- Approximately 80% of Americans will experience low back pain in their lifetimes. That is about 4 out of every 5 people.
- Chronic low back pain is the most expensive benign condition in industrialized countries, and the most common cause of activity limitation in persons younger than 45 years old.
- 13,707,000 people visited a physician's office for back pain in the U.S. in 2001.