

That nagging back pain...is there no relief?

**Patients with back pain? Finally a solution
“you” can offer through MedX therapy!**

What is MedX therapy?

MedX can give you a head start on the road to recovery. Back pain is a condition that 90-95% of patients will experience at some point in their lives. Obviously the answer to most back problems is specific exercise to strengthen the lower back. *The key to treating problems associated with the low back is isolation of the muscles that act on the lumbar spine.* With the MedX machine, isolation of these muscles is achieved through total pelvic stabilization. Pelvic stabilization is accomplished by eliminating additional forces coming from the hip and leg musculature that force the patient to use their back muscles. With this lumbar isolation, strength can be developed in the spinal extensors more efficiently providing superior lumbar support structure.

A positive attitude for positive results?

A very important part of overall rehabilitation is reinforcing a positive attitude about the injury. This “get better” attitude helps enforce the mindset that the patient will be able to live a totally functional and productive lifestyle. Combining this with our total body conditioning program will help increase their overall strength and flexibility. The patient may be able to “move” again for the first time in many months or even years. This allows the patient to return to activities of daily living enjoyed prior to their injury. We also take time to give each patient a home program tailored to their needs, thereby decreasing possibility of a relapse in the condition.

What are the primary goals?

1. Increased strength and overall endurance of lower back musculature
2. Increased range of motion
3. Decreased pain levels in patient
4. Improved overall body strength
5. Improved posture and body mechanics

Exercise helps!

In a recent study involving 895 low back patients

training with the MedX equipment, 76% had “excellent” or good results. Results were based on amount of pain relief, strength improvement and rating their chief complaint as either resolved, improved or greatly improved.

By incorporating the MedX dynamic stabilization system with a positive attitude and an overall strengthening program, positive

results can be achieved. This will give patients a different outlook on their problem allowing for a normalized lifestyle. Maintaining this lifestyle will give the patient a feeling of control over their condition previously though unattainable. And you will receive the credit.

Who are we?

Rehab One is a physical therapy clinic located in the Carrollwood and Westchase areas of Tampa. We provide outpatient care to patients with a variety of problems. Using the latest rehabilitation techniques, one of our staff will thoroughly evaluate the patient and then guide them through the healing process.

What is our approach?

At **Rehab One** we take an aggressive but safe approach to patient care. This approach, combined with a one on one environment, creates an optimal setting for patient recovery. One of our qualified staff will be with the patient from the beginning to the end of the rehabilitation process. This establishes a relationship between the patient and therapist that is often overlooked at other facilities. We also incorporate the idea of *total health care* for all our patients. This is made easier through our diversified staff including a physical therapist, physical therapy assistants, athletic trainers, massage therapists and exercise physiologists. We believe a balance between these key ingredients gives patients the quality care needed on their road to recovery. *Please contact us today!*

