







# Nip It In The BACK

-  **75% to 90%** of all adults will suffer some sort of significant back pain in their lifetime,<sup>1</sup> with recurrence rates about **60 to 86%** within a 12 month period.<sup>2</sup>
-  **Low Back Pain disables 5.4 million** Americans each year.<sup>3</sup>
-  Research found when **Physical Therapy** is utilized for treatment **within the first 6 weeks of the onset of LBP**; patients demonstrated greater improvements in disability, mood, general health and quality of life.<sup>4</sup>
-  Changes in motor control and function of trunk musculature are frequently reported with low back pain.<sup>5</sup>
-  According to research, a **Physician consultation + Physical Therapy** shows more significant reduction in pain intensity and self-rated disability than with physician consult alone.<sup>6</sup>
-  **“Manual therapy** is more effective than the usual care prescribed including bed rest, analgesics, and massage for short term pain relief.”<sup>7</sup> -



## Marino Therapy Centers

**Have what back pain sufferers NEED:**

Our therapists at Marino attend extensive co education courses from The **North American Institute of Orthopedic Manual Therapy** for certification in manual therapy.

Enjoy a Free **Screening** of your Choice

- Neck, Shoulder or Arm pain
  - Back, Hip or Leg pain
  - Knee or Ankle pain
  - Vertigo
  - Fitness Level
  - Headaches , TMJ or Posture
- Please call to **schedule** your screen today  
A \$75.00 Value

### Locations:

**Cedar Bluff**    **South**    **Oak Ridge**    **North**    **Farragut**    **Maryville**  
**690-2671**    **579-4895**    **482-7730**    **687-1512**    **966-8933**    **983-8129**

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