

# When it Hurts ...

## *AMRG offers Choices for Managing Pain*



### *How long have you been living in pain?*

Did you know that up to 85% of all people have low back pain at one time or another? Each year, about 2% of American workers are compensated for disability caused by back pain. Low back pain is often triggered by some combination of overuse, muscle strain, or injury to the muscles and ligaments that support the spine. And low back pain is just one example of the myriad of conditions that cause chronic, acute pain for millions of people.

Even a minor auto accident or other trauma can have major effects on your health. Not getting properly treated after an auto accident can be a costly and painful mistake. Many auto accident victims receive inappropriate or incomplete care; pain is often hidden by medications prescribed in the emergency room. Unfortunately, the consequences can be painful.

### **State-of- the-Art Care**

AMRG specialists understand how chronic pain can powerfully impact your life. And many times surgery is just not an option. We specialize in the treatment and management of acute and chronic conditions that include:

- **Low back pain**
- **Head and neck pain**
- **Disc herniation**
- **Fibromyalgia**
- **Myofascial pain**
- **Sciatica**
- **Spinal Stenosis**
- **Headaches**

Each patient receives an individualized treatment plan for rehabilitation, recovery, and prevention. Treatment can involve a variety of therapies such as physical therapy (ultra sound, hydrocollator packs, cryotherapy, electrical stimulation, LED treatments, phonophoresis, iontophoresis, TENS treatment); medical acupuncture; trigger point/ joint injections; massage therapy; and/or rehabilitation therapy (individualized exercise programs for specific injury).

Treatments are performed in our professional pain relief center, which includes a full-service physical rehabilitation area, exercise gym and private treatment rooms.

For more information on how you can relieve your pain, call us today, or stop by.

### **Advanced Medical Rehabilitation Group**

*Pain & Injury Specialists*

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Medicare and most insurance plans accepted.

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