

Pain Management

Pain affects each person experiencing it differently. In some cases, acute or chronic pain can lead to decreased activity levels, job loss, or financial difficulties, as well as anxiety, depression, or disability. Tx:Team's Rehabilitation team works with you to decrease your pain and restore your activity to the highest possible levels. Rehabilitation can help with pain by increasing your strength in the muscles, endurance, stability in the joints, and flexibility in the muscles and joints.

Physical Therapy can be used to alleviate pain from a variety of sources/diagnoses including:

Osteoarthritis	Fibromyalgia
Rheumatoid arthritis	Back or Neck Pain
Traumatic injuries	Post Surgical
Tissue or nerve pain	

Our goal is to help you get back to your daily activities while taking into account your individual limitations, to improve your quality of life, and get you moving again!



Physical Therapy Interventions

Education

Patients will learn to self-regulate activities to reduce flare ups or change the way an activity is done

Proactive Pain Control

Patients are taught to independently use different techniques such as heat/cold, stretching etc. to proactively reduce pain before a flare-up occurs

Posture and Body Mechanics

Patients are taught the importance of good posture and body mechanics with daily tasks in order to reduce strain on the body

Exercise

Therapists will provide a home program to increase overall flexibility and conditioning as part of a healthy lifestyle

Equipment Needs

Therapist will provide information on adaptive equipment or alternative ways to complete daily tasks in order to decrease pain

Manual Therapy

Specific, gentle, hands-on techniques that may be used to mobilize tight joint structures and soft tissues

Modalities

Cryotherapy, ultrasound, electric stimulation, and Iontophoresis are modalities that may be used in treatment

Your therapist will evaluate your clinical examination and the test results which are provided by your physician to design an individualized treatment plan that fits you best. The goals of a Pain Management Program are to reduce pain and improve function to get back to the activities you enjoy.



To schedule your Physical Therapy appointment after you have received your referral, contact:
717-719-0112
schedulept@txteam.com

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