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

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

IU13 Health & Wellness Center
Lancaster, PA
Lebanon PA

*Physical Therapy services are available for IU13 employees and their dependents (ages 2 and up) who are currently participating in an IU13 medical plan, and for eligible IU13 part-time support staff. Services are provided by the Tx:Team located in the Health & Wellness Centers.*