



Helping your chronic back pain

If you have back pain, you are not alone. Back pain is one of the most common diagnoses people suffer from with roughly 60 to 80 percent of adults experiencing back pain at some point in their lives. It has many causes such as work and sport injuries, exercise, slips, falls, sudden turns, strains, muscle pain or posture-related issues. Without proper professional treatment, back pain can ultimately lead to continuous pain or serious mobility issues.

The good news is that in many cases, back pain can be successfully treated. Hallmark Health System's (HHS) Rehabilitation Services provides comprehensive individualized physical therapy evaluations and treatment plans that return you to a functional level so you can enjoy the activities you have been missing.

Melissa Roberto, DPT, MS, PT, ATC, director of Ambulatory Services for HHS, said, "For a patient with severe back pain, getting expert rehabilitation and physical therapy is the key to making sure the road to recovery is a smooth transition back to well-being and fitness. The first step for a patient with back issues is to see their primary care physician for a diagnosis and then a referral to HHS physical therapists."

HHS offers highly-educated and experienced physical therapists, occupational therapists, and athletic trainers with doctorates and advanced degrees in their specialties. With more than 200 years of combined medical experience, these therapists achieve outstanding results with a proven record of success treating patients in modern, spacious facilities equipped with the latest diagnostic and training equipment available anywhere.

Staff work right alongside their patients to help them safely regain their highest level of functional independence at work, home or on the playing field. Over the last year, HHS physical therapy and rehabilitation staff have treated more than 1,500 patients with back and neck pain helping them to regain their maximum capabilities.

HHS offers three convenient outpatient sites for patients at: Lawrence Memorial Rehabilitation Services, 101 Main St., Suite 105, Medford; Melrose-Wakefield Rehabilitation Services, 22 Corey St., Melrose and Hallmark Health Medical Center Rehabilitation Services, 30 Newcrossing Road, Reading. It also offers inpatient rehabilitation services at Lawrence Memorial Hospital of Medford and Melrose-Wakefield Hospital.

For more information about HHS Rehabilitation Services, visit www.hallmarkhealth.org and select "Programs."