

QUESTION OF THE WEEK

*How does  
physical  
therapy treat  
back pain?*



**Matthew  
Toomey**

SPECIAL TO THE NEWS-PRESS

In physical therapy, we obtain a detailed history and assessment.

From the evaluation, we work on patients' impairments. For instance, if a patient has a restriction with bending forward, we would provide possible soft tissue work to the muscles, stretching exercises for motion, strengthening

See Back, Page 4D



4D » TUESDAY, JUNE 21, 2016 » THE NEWS-PRESS

## LIVING WELL

---

GETTY IMAGES / ISTOCKPHOTO

Most physical therapy treatments are patient-specific and usually have good outcomes.

## Back

Continued from Page 1D

exercise to stabilize the area and patient education on injury prevention.

Most treatments are patient-specific and usu-

ally have good outcomes.

Matthew Toomey, D.P.T., is a physical therapist with Physicians Primary Care of Southwest Florida with Physical Therapy offices at 1261 Viscaya Parkway, Suite 102, in Cape Coral. (239) 242-2641. [www.ppcswfl.com](http://www.ppcswfl.com)