Beebe Healthcare

HEALTHYBACK
Get Your Patients Moving Again

MEASURABLE OUTCOMES

- Patient Reported Outcomes (PROs)
- High Patient Satisfaction
- Reduction in Reported Pain
- Clinic-based Outcomes (CBOs)
- Reduction in Overall Treatment Costs

For more information on Beebe HealthyBack, visit beebehealthcare.org/healthyback or call us at (302) 856-9729.

Beebe HealthyBack
College Park Medical Pavilion
21635 Biden Avenue, Suite 202
(Route 404/18, just west of Route 113)
Georgetown, DE 19947

Beebe Healthcare

100 YEARS OF CARING

Lewes, Delaware - beebehealthcare.org
WHY IT WORKS

BEEBE HEALTHYBACK UTILIZES:

- Caring, talented physical therapists, physical therapist assistants, and health coaches who partner with patients for a team approach to their care.
- Scientifically proven, evidence-based exercise technology that has been studied for 25 years. Through progressive resistance exercise and the principles of adaptive overload, patients experience improved muscle strength, disc health, increased connective tissue thickness, endurance, mobility, and function over the duration of their treatment. And, as musculoskeletal function improves, symptoms diminish and quality of life improves.
- Comprehensive, state-of-the-art facilities that provide a warm, spa-inspired, tranquil setting.

HOW IT WORKS

WHEN YOU REFER YOUR PATIENTS TO OUR CENTER, THEY WILL:

- Complete their initial evaluation at the direction of our healthcare team that will work with them to strengthen their muscles and improve range of motion using an individualized plan of care and medical equipment.
- Meet regularly with a health coach who will work with them to create a personally tailored plan and give them the support they need to accomplish their goals.
- Have the option to continue in the Wellness program. During this time your patient will be empowered to live a healthier, longer, more joyful life through fitness, nutrition, stress reduction, and integrative wellness.

MAKING A REFERRAL

- Simply give your patient a prescription for Beebe HealthyBack physical therapy evaluation and treatment.
- We will keep you informed of your patient’s plan of care and progress in the program. If you have any questions or would like more information, feel free to contact us anytime.

SCIENTIFICALLY PROVEN TECHNOLOGY

Over the last 25 years, the University of Florida, the University of California at San Diego, and medical institutions worldwide have published compelling research showing that specific spinal strengthening exercises using FDA-registered Lumbar and Cervical Extension machines improve patient outcomes even after multiple failed attempts at other forms of treatment. With more than 75 published articles in peer-reviewed journals, the proof lies in both the research and patient testimonials.

Lumbar Extension Machine
The Lumbar Extension machine and its patented restraint systems effectively isolate and strengthen the muscles of the spine. There is no other equipment that can do this.

Cervical Extension Machine
The Cervical Extension machine is highly reliable for cervical extension strength testing and dynamic variable resistance training.