



Lewes, Delaware • beebehealthcare.org

Beebe HealthyBack

Get Your Life Back

Beebe HealthyBack is a comprehensive physical therapy approach for patients who suffer from back and neck pain or other spinal dysfunctions. Unlike other treatment programs, Beebe HealthyBack does not use needles, drugs, or surgery, and those who complete treatment report **significant increases in function, quality of life**, and decreases in pain.

Patients are evaluated and treated with a focus on identifying the impairment and functional limitations. Therapists include **extensive education and home exercises** to correct deficits with a concentration on postural awareness, proper body mechanics, and activity modification. Manual interventions and joint mobilizations to facilitate recovery are also included. Our **highly adaptable Med-X strengthening equipment**, along with dynamic/functional exercises are used to address weakness and muscle imbalances that in turn help return the patient to his/her desired activity level. Our focus is on active as opposed to passive interventions.

WHY IT WORKS

Beebe HealthyBack utilizes:

- Caring, talented physical therapists and physical therapist assistants who partner with patients to determine goals and the best approach to their personalized care.

HOW IT WORKS

When patients come 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.

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.

Beebe HealthyBack is part of Beebe's continuum of care, which includes:

- Beebe Physical Rehabilitation - physical therapy, occupational therapy, speech therapy
- Beebe Diagnostic Imaging
- Beebe Lab Express
- Beebe Home Care Services - for patients who need medical in-home care. In-home safety assessments also available for pre-surgery patients. **Call (302) 934-5830 to set up a consultation.**

Additional Information

For more information on Beebe HealthyBack, visit www.beebehealthcare.org/healthyback or call us at (302) 645-3933.

Find Us

Beebe HealthyBack is located in the College Park Medical Pavilion in Georgetown, 21635 Biden Ave., just west of the intersection of Routes 404/18 and 113.

COMING SOON: Lewes-Rehoboth location at Lighthouse Plaza (adjacent to Giant).

