

Do you have back pain?

- Eighty percent of the population will experience back pain at some point in their lives.
- Back pain can result from a single trauma, but typically back pain results from overuse and repetitive actions. Other contributing factors can be:
 - Poor posture
 - Lack of flexibility
 - Poor body mechanics
 - A general decline in fitness
 - Sedentary lifestyle
 - Illness and injury
 - Weight gain or loss
 - Pregnancy
 - Scar tissue



Ascension Saint Agnes Hospital

Ascension Saint Agnes Hospital Rehabilitation Services

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**Ascension Saint Agnes Hospital is
conveniently located off of Caton Avenue
in Baltimore. Valet parking available at
Main Entrance.**

[ascension.org](https://www.ascension.org)

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Spine Rehabilitation

Physical therapy and
occupational therapy



Ascension Saint Agnes Hospital

Spine treatment and services

Commonly treated spinal diagnoses include:

- Disc problems
- Stenosis
- Arthritis or degenerative joint disease
- Back surgeries
- Joint instability
- Osteoporosis
- Sciatica
- General weakness or dysfunction
- Pregnancy-related back pain
- Scoliosis
- Muscle strain/spasms

Experienced therapists

Therapists assist clients with spinal conditions by addressing all aspects of their condition and by using a number of techniques, including:

- Manual therapy techniques
- Trunk/core strengthening
- Postural correction
- Instrument-assisted soft tissue mobilization
- SMART Equitest™ balance system
- Individualized home exercise programs
- Balance & coordination training
- Instruction in proper use of ergonomic principles for work, recreation and daily activities
- Education about the condition and its causes

The Outpatient Rehab team is ready to help you get back in action.



Convenient facility

Outpatient Rehabilitation Services at Ascension Saint Agnes Hospital offers the following benefits:

- Flexible weekday hours for scheduling appointments
- Easy access to bus lines
- Valet parking
- Specialized equipment to assist with range of motion, flexibility, muscle strengthening and pain management
- A fitness center on the premises with the option to join after therapy is completed

