

## Allied Health Professionals

Allied Health Care providers:

Physiotherapist, Chiropractor, and Massage Therapist, working with our City Centre Health Care to provide an intensive interdisciplinary rehabilitation program with physical, cognitive and behavioral elements for our clients with non-radicular, non-cancer low back pain.



The Low Back Pain program is offered in collaboration with the following agencies:



Essex County N-P Led Clinic



Drouillard Site: (519) 946-0740

1400 Windsor Ave.  
Windsor, Ont N8X 3L9

**PHONE: 519-971-0116**



*A Community Health Centre Operated by CMHA-WECB*

## LOW BACK PAIN PROGRAM



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Windsor, Ont N8X 3L9

**PHONE: 519-971-0116**

## Low Back Pain Program

Referrals to our **Low Back Pain Allied Professionals** must be made **through your Nurse Practitioner or Physician here at City Centre Health Care.**



Upon an extensive assessment by an Allied Health Provider—a physiotherapist, or chiropractor a treatment plan will be developed with you the client to address your low back pain. This

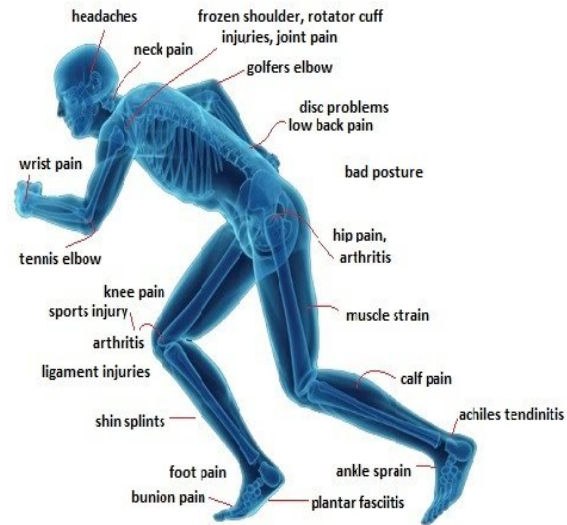
treatment may include: Physiotherapy, Chiropractor, or Massage Therapy. In addition we also have a Chronic Pain Management program which addresses further education for you the client on how to manage or live with chronic pain.



**Let us work with you on finding out the WHY'S of LBP and then the HOW'S to alleviate the pain!**

## Physiotherapy

Physiotherapy has a primary role in the management of and recovery from LBP. Interventions focus on pain relief and the prevention of future occurrence of pain and injury, as well as return to function.



It includes assessment and diagnosis, exercise prescription, education, self management strategies,<sup>1</sup> Physiotherapy promotes the individuals wellness, mobility and independent function.



## Chiropractor

As primary care practitioners, chiropractors can develop and carry out a comprehensive treatment/management plan, recommend therapeutic exercise related to the spine, pelvis, nervous system and joints.



## Massage Therapy

Massage therapy is the manipulation of soft tissues of the body including, muscles, connective tissues, tendons, ligaments and joints.

