

QUESTIONS YOU MIGHT
HAVE...

When and how long are the sessions?

We offer 1 session each month. It will last approximately one hour, and is held at 6:00 p.m. on the 3rd Tuesday of each month.

What does it cost?

Free.

Do I need to bring anything?

Feel free to bring a pen or pencil if you'd like to jot down some notes. An outline will be provided. The setting is informal, so if you come over a dinner break, feel free to bring your meal while you listen.

Where do I go?

*Our back school sessions are held at:
2810 W 35th Street, Suite 2
(lower level—go down stairs or use the elevator)*

Do I need to sign up?

Yes, please call to reserve your spot by calling (308) 237-7388.



One Team...

One Goal...

YOUR HEALTH

BACK SCHOOL



NEW WEST ORTHOPAEDIC AND
SPORTS REHABILITATION, L.L.C.

2810 W 35th Street, Suite 2
Kearney NE, 68845
Phone: 308-237-7388
Fax: 308-237-2794
www.newwestphysicaltherapy.com

**Call to Reserve Your
Spot Today!**

BACK SCHOOL

New West Orthopaedic & Sports Rehabilitation is excited to offer a free informational seminar to teach you how to protect yourself from back and neck problems

This session is designed for a variety of people:

*Anyone with a history of back or neck pain

*Those undergoing treatment for back or neck pain

*People who may be at risk of back or neck pain due to a variety of factors:

- Work issues
 - Activity level
 - Stress
 - Poor posture
-

If you would like to learn more about back and neck pain and how to reduce, manage or prevent it...we look forward to seeing you at our **Back School**.

What Topics Will Be Covered?

- ◆ Basic anatomy of the spine
- ◆ Common causes of neck and back pain
- ◆ Proper workstation/computer desk set up
- ◆ Proper lifting techniques
- ◆ Treatment options
- ◆ Preventative ideas
- ◆ Exercise suggestions
- ◆ Time for questions/answers throughout presentation

OUR STAFF:

Gene Svec, PT— Gene specializes in therapy of orthopedic spine problems and is a certified McKenzie therapist. McKenzie is a nationally recognized treatment approach.

Janine Walker, OTR/L — Janine has many years of experience in ergonomic evaluation and is certified by Blankenship, a company specializing in workplace evaluations and return to work programs. She is a certified Functional Capacity Evaluator.

With over 30 years of combined experience, our instructors will be happy to answer questions and lead you in the right direction if you decide further treatment or consultation is necessary.

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