



# SISTER KENNY<sup>®</sup>

REHABILITATION INSTITUTE

## *Sister Kenny Spine Center*



SISTER KENNY<sup>®</sup>  
REHABILITATION  
INSTITUTE

*Allina Hospitals & Clinics*

Sister Kenny Spine Center

## **Sister Kenny Spine Center**

*providing specialized, non-surgical treatment for low back and neck pain.*

Two of the most common health problems in adults are low back and neck pain.

Medical evidence has shown that the majority of low back and neck pain is caused by significantly “deconditioned” or weakened spine muscles. That’s why the specialists at Sister Kenny Spine Center not only *treat* pain, they can help you strengthen your spine to *prevent* low back and neck pain.

*A strong spine allows for healthy spaces between the vertebrae, which helps alleviate and prevent low back and neck pain.*

Sister Kenny Spine Center offers a personalized, physician-directed approach to spine problems along with easy access to a comprehensive array of quality, non-surgical services available through one location.

Sister Kenny Spine Center may help if you have:

- acute (severe, short-term) low back or neck pain
- chronic (long-lasting, persistent) low back or neck pain
- recurrent symptoms with periodic flare-ups of low back or neck pain
- neck or low back pain associated with numbness or tingling involving your arms or legs
- pain that has not been helped with standard pain treatments.



*Sister Kenny Spine Center is part of Sister Kenny® Rehabilitation Institute, the leading rehabilitation provider in the region. For more than 60 years, the Institute has provided innovative, specialized and exceptional care to thousands of patients.*

## **Treatment**

Our experienced health care professionals have specialized, advanced training in caring for patients with low back and neck pain. They work closely with you to develop a treatment program tailored to your needs.

Following a comprehensive assessment by a Spine Center physician, your treatment may include:

- spine physical therapy to build strength and flexibility
- intensive spine strengthening using MedX equipment
- injection therapies and complementary therapies to help manage pain
- personalized education to teach you how to live with and maintain a healthy neck and back.

*The goals of the Sister Kenny Spine Center are to reduce pain, increase function, and prevent further or recurrent injury.*

### ***Spine Center Physician Assessment***

Our physicians include physiatrists (specialists in physical medicine and rehabilitation) and other physicians who specialize in non-surgical spine care.

A physician provides an assessment of each patient that includes:

- thorough review of current symptoms, past medical history, medical records, X-rays and other studies/scans
- physical examination
- discussion and recommendations for treatment.

### ***Spine Physical Therapy***

Each patient receives an individualized assessment by an orthopaedically-trained physical therapist that includes the evaluation of:

- strength
- motion, including joint mobility and play
- level of pain
- posture
- reflexes
- sensation.

Based on the assessment, each patient receives a tailored treatment plan that may include:

- therapeutic exercises, including strengthening, stabilizing and stretching to restore normal, pain-free range of motion and proper muscle balance
- education on posture and body mechanics
- hands-on therapy
- use of medical equipment and devices to alleviate pain
- methods used to reduce pain, including heat or ice packs, electrical stimulation, traction and ultrasound
- a detailed home exercise program.



### ***Intensive Spine Strengthening Using MedX Equipment***

The MedX Lumbar and Cervical Extension and Rotation Machines have been clinically proven to target, isolate and strengthen spinal muscles like no other fitness equipment.

In addition to strengthening the muscles of the back and neck, these unique, computerized machines increase range of motion, which helps decrease back and neck pain. Research has shown that individuals with a variety of spine disorders have benefited from using MedX equipment.

### ***Injection Therapy***

A Sister Kenny Spine Center specialist may recommend that a patient with chronic pain receive an injection to learn more about what is causing pain (diagnostic injections) or to treat pain (therapeutic injections).





## **Treatment for Mind and Body**

We believe the best treatment approach for back and neck pain is one that is balanced and holistic. Our many services provide treatment for both the mind and body.

### ***Complementary Therapies***

These therapies, often drawn from other medical traditions, emphasize caring for the whole person and focus on healing pain as much as curing pain. Ask your therapist or physician at the Sister Kenny Spine Center about what options are available. These services may not be covered by your insurance and may require self-payment.

### ***Patient Education***

Sister Kenny Spine Center offers lifestyle management education to teach patients how to live with and maintain a healthy neck and back. We also provide community classes to educate the public about preventing injuries and ways to alleviate pain. Talk with your therapist or physician at the Sister Kenny Spine Center to learn more.

## **For More Information**

To learn more, visit [www.sisterkennyinstitute.com](http://www.sisterkennyinstitute.com) or talk to your health care provider to find out if the Sister Kenny Spine Center would benefit you.

To schedule an appointment, call the Spine Line at 800-827-8313 (self-referrals accepted).

## **Locations**

Sister Kenny Spine Centers are conveniently located in Coon Rapids, Edina and Woodbury.

### **Sister Kenny Spine Center - Coon Rapids**


3111 124th Ave NW  
Coon Rapids, MN 55433

### **Sister Kenny Spine Center - Edina**

at Abbott Northwestern's Center for Outpatient Care  
8100 West 78th Street  
Edina, MN 55439

### **Sister Kenny Spine Center - Woodbury**

8450 City Centre Drive  
Woodbury, MN 55125





**SISTER KENNY.  
REHABILITATION  
INSTITUTE**

*Allina Hospitals & Clinics*

**Sister Kenny Spine Center**

[www.sisterkennyinstitute.com](http://www.sisterkennyinstitute.com)