



Proactive Spine Care Plan



Almost everyone experiences back pain sometimes—but for some people, it becomes a serious barrier to living well. For both surgical and non-surgical patients, Paradigm Home Health has the expertise to enhance rehabilitation, including experience in the newest therapy interventions. Our Proactive Spine Care Plan can be customized for patients recovering from a variety of surgeries or diagnoses and help get patients back to the lives they love by focusing on clear goals.

Proactive Management Goals

1. Control and minimize pain
2. Promote optimum healing
3. Regain strength, balance, and mobility
4. Eliminate fatigue
5. Improve spine stability and protection
6. Resume normal activities

Paradigm works to help each patient live life to the fullest.



Getting Back to a Better Life.

Each proactive care plan is custom-tailored to the unique needs of the patient.

STEP 1 Evaluate and formulate.

Rehabilitation begins with a thorough Physical Therapy Evaluation. The therapist will discuss the condition with the patient and formulate a set of customized goals. Once those goals are established, specific steps can be outlined for reaching them.

STEP 2 Training for progress.

Answers for pain. Following the interventions identified during the evaluation, the therapist will work with the patient to achieve specific goals. In addition to providing hands-on therapy, the therapist may also help the patient learn:

Self-help care for back and neck pain:

Use of heat and cold	Gravitational traction
Use of TENS (transcutaneous electrical nerve stimulation)	How to use stabilizing muscles for optimum spine protection
How to improve muscular control in the rest of the body	The importance of postural positions to strengthen postural muscles

These steps will help the patient realize improved balance with the spine functioning as the body's anchor, as well as increased walking distance, sitting tolerance, and overall activity levels with less or no pain.

All the interventions and goals will focus on pain management and maximal recovery of the healing structures (muscles, ligaments, bones).

STEP 3 Sharing our strength.

The ultimate goal of our Proactive Spine Care Plan is to equip patients and their caregivers with the skills to self-manage the problem. Throughout the course of the rehabilitation, we place priority on sharing our expertise—what we're doing and why we're doing it. At the end of the program, the patient will understand how to:

Relieve pain	Maintain strength and balance
Unload and protect the spine	Live more confidently
Perform everyday activities safely	

A healthier spine can be the crucial connection to real quality of life. To learn more about Paradigm Home Health's Proactive Spine Care Plan, call or visit us online today.