

About Us

Back Pain Specialists in Reno

We Are Back Pain Specialists in Reno, NV

If you are suffering from back pain in Reno, you are definitely not alone. According to the National Institute of Health Statistics, low back pain is the most commonly reported pain condition. Back pain is the leading cause of disability in Americans under the age of 45.

A stunning 26 million Americans between 20 and 64 experience frequent back pain. Men and women appear to be equally impacted by this debilitating symptom, which can be either a dull, constant ache or an intense, sharp sensation that leave the person unable to move.

At Galena Sport Physical Therapy in Reno, our initial treatment focus is to determine the source of your back pain. It can have a variety of triggers, from disc problems to sacroiliac joint dysfunction, from a pulled back muscle to arthritis.

It can also be prompted by lifting something too heavy or being in a motor vehicle accident.

People who live sedentary lifestyles from Monday to Friday and then overdo their exercise on the weekends are also prone to back pain.



We determine if your pain is acute, such as when your nervous system alerts you to possible injury, or chronic, meaning your nervous system has been firing pain signals for at least 12 weeks.

If the cause of your back pain cannot be diagnosed accurately and treated effectively, it can seriously impact your quality of life.

Through the treatment of back pain in our **Reno physical therapy clinics**, we have had great success with our manual therapy techniques and one-on-one therapies.

Simultaneously we provide exercises that will help you to prevent recurring injuries.

We will educate you on what is happening in your body. Many of our patients are unaware that back pain doesn't usually develop overnight. Oftentimes by the point where you are experiencing pain, a condition has

been building for a while.

The good news is that with effective **physical therapy**, muscle imbalances can be identified and corrected with the right combination of exercise and therapy. Heat and ice, ultrasound, electrical stimulation and therapeutic exercises in various combinations can often work wonders in reducing your pain and allowing you to return to your normal level of activity.

We focus on strengthening your core muscle groups that support your back, increase your flexibility and stress proper positioning and posture along with other hands-on and mechanical interventions.

Our goal is to keep you moving throughout your treatments for back pain in Reno. Scientific evidence suggests that people who continue their activities without bed rest following incidents of low back pain recover faster and have greater flexibility than those who cannot keep going.

Your Best Choice for Back Pain Treatment in Reno, NV

At Galena Sport Physical Therapy where we treat back pain at our three clinics in Reno (South, Midtown, Caughlin), many of our patients arrive with a sense of desperation that they will never rid themselves of this pain. We know that many traditional treatments fail simply because they focus solely on the symptoms and do not ever determine the cause of the pain.

Effective treatments starts with taking the time to get to the root of the problem. Once the physical problem has been determined, the physical therapy can begin and its effectiveness is demonstrated.

We determine if your pain is acute, such as when your nervous system alerts you to possible injury, or chronic, meaning your nervous system has been firing pain signals for months or even years.

If the cause of your **back pain** cannot be diagnosed accurately and treated effectively, it can seriously impact your quality of life.

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