

## Who We Are

Thank you for your interest in our clinics. Manual Therapy International, PS, PLLC, was formed in 1996 and is owned by three practicing physical therapists. By hiring the best physical therapists with the best post-graduate training, we have created the optimal clinical environment for patient care. Our practice style continues to grow through the latest research, course work and clinical mentoring of other physical therapists. As you work together during your treatment, you will recognize your therapist's caring approach and skill level. We hope that your experience with our MTI clinics will be unique and allow you to meet your individual goals.

## Our Clinics

Our staff includes only licensed physical therapists. We employ no assistants or aides, allowing you to receive 1:1 care.

We have elected to limit our patient load to one an hour to ensure we can deliver the very best care.

We are accustomed to treating patients that have not responded to other conservative management.

Our training in orthopaedic manual therapy consists of two to four years of post-graduate curriculum and clinical training for extremity and spinal care.



### Manual Therapy International Clinical Sites:

#### [Bellevue]

1560 140th Avenue N.E. • Ste 100  
Bellevue, WA 98005  
p 425.746.2475

#### [Seattle - Fremont]

435 North 34th Street  
Seattle, WA 98103  
p 206.548.1522

#### [Seattle - Washington Athletic Club]

1325 Sixth Avenue  
Seattle, WA 98111  
p 206.839.4780

#### [Seattle - Magnolia]

3200 W. McGraw St.  
Seattle, WA 98199  
p 206.281.7970

#### [Tacoma]

7800 Pacific Avenue • Ste 8  
Tacoma, WA 98408  
p 253.471.7200

#### [Kirkland]

11800 NE 128th Street • Ste. 510  
Kirkland, WA 98034  
p 425.820.2590

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

# mti physical therapy

PROVIDING ONE-TO-ONE CARE

Sports Therapy • Manual Therapy • Orthopaedics • Spine



## Understanding Low Back Pain

*With Physical Therapy, it doesn't have to be chronic.*

*Your physical therapist works with physicians, osteopaths, chiropractors, massage therapists, acupuncturists, trainers and other healthcare providers to collectively treat your pain and restore function.*



### mti physical therapy

PROVIDING ONE-TO-ONE CARE

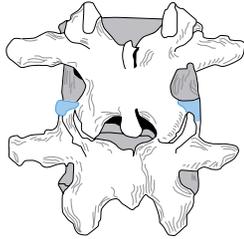
[www.mtipt.com](http://www.mtipt.com)

Sports Therapy • Manual Therapy • Orthopaedics • Spine

## Sources of Low Back Pain

**Discs Don't Slip.** Spinal discs are spacers between spinal bones influencing range of motion. Discs do not slip out of place but with injury or repetitive strain fluid from the center may leak from the disc.

Manual treatment and exercise assists in decompressing nerves, relieving pain and restoring function.



**Not Just Disc Issues.** Facet joints on the backside of each spinal bone are a common cause of low back pain. These joints control the direction of motion and can cause symptoms when they are not moving well together.

**It Isn't Always Strength.** Spinal muscle may be weak but more often have poor endurance and coordination leading to pain, abnormal mechanics and posture.

**You're On My Nerves.** Not all leg pain is associated with nerve injury but when it is, manual treatment can assist in relieving stress to nerves.

**Bone and Posture.** Back pain may be associated with bone loss from aging, osteoporosis or postural changes over time.. Physical therapy can assist with posture and bone health.

**Beyond the Spine.** Spinal pain may be secondary to dysfunction in the arms or legs creating limitations in motion or weakness that place excessive stress on the spine.

## How Do I Take Care of My Pain?

- Bed rest has been found to slow the recovery process, so stay as active as possible.
- Light aerobic exercise such as walking, biking or swimming can even help to decrease your pain and speed recovery.
- It sounds simple, but if a specific activity hurts, don't do it. Avoid movements and postures that increase your pain, change positions frequently and/or take short walks.
- General spinal exercises from a health club or the Internet may not be specific enough, performed correctly or dosed properly for your problem. Let us teach you exercises specific to your problem and help you return to function.

## How Can We Help?

Orthopaedic manual physical therapy (OMT) is advanced training that combines soft tissue (massage) techniques, joint mobilization (stretching) and specific exercise to reduce pain and facilitate normal spinal function. Your physical therapist will work with you to reach your goals and prevent future injury.

When you call we can:

- schedule you an appointment and verify your insurance benefits
- find out if you need a referral and, if so, advise you on where to get one
- have a physical therapist answer questions specific to your condition

## General Information

**Sleeping:** When sleeping on your side, a body pillow or regular pillow placed between the knees can help keep the spine in a neutral position.

**Lifting:** Bend your knees, keeping your back straight. Limit twisting by turning your feet.

**Standing:** Try alternating one foot on a stool when standing for long periods. Wear lower heeled shoes.

**Sitting:** Avoid slouching. Try using a rolled-up towel in the small of your back.

*General exercises do not work for every problem. Call us today for instruction in a more specific exercise plan to address pain and/or limitations so you can get back to your life.*

## Remember

- Stay as active as possible
- Aerobic exercise decreases pain
- Ice and heat decreases pain and muscle guarding
- Avoid positions or activities that cause and/or increase your symptoms
- Talk to your doctor/physical therapist about specific exercises for you