
How can Physical Therapy Help?

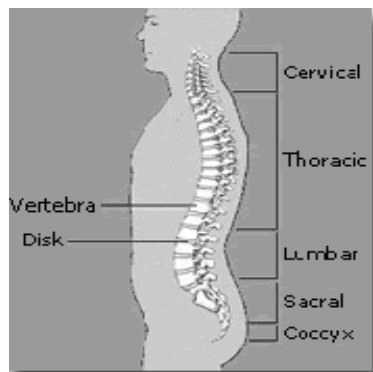
At Comber Physical Therapy, Erika Comber has been practicing therapy for almost 20 years. She has expertise in Low Back Pain and Women's Health.

Samantha Chou has also worked with a wide variety of patients and has expertise in Low Back Pain and SI Joint dysfunction.

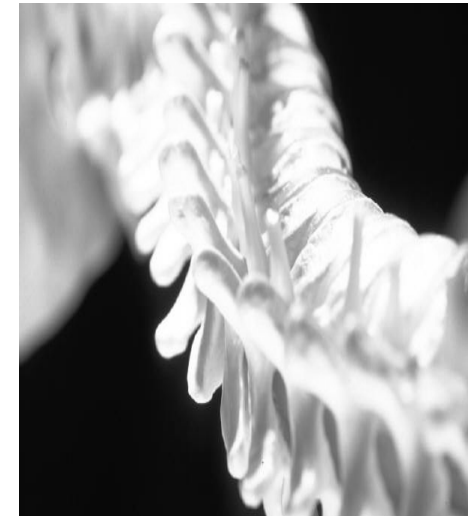
Individual Evaluations are performed to assess posture, flexibility and patient's goals.

If you are interested in changing your quality of life and are not satisfied with what you are able to do, ask your Doctor for a referral for Physical Therapy.

We participate with most insurances.



Back Program



Comber Physical Therapy, LLC

101-B Bulifants Boulevard
Williamsburg, VA 23188

Phone: 757-229-9740
Fax: 757-229-9741
E-mail: ComberPT@aol.com

Located in Michael Commons Condominiums off Mooretown Road, across the street from the new hospital site, next door to Ferguson's Lighting and Plumbing. Please call to set up an appointment.

**"HELPING YOU BACK TO A
HEALTHY LIFE"**

TEL: 757-229-9740



It is estimated that 80% of Americans will have back trouble at some point in their life. Low back pain is common, but not normal. Through stretching and exercise, back pain can be alleviated more rapidly.

PHYSICAL THERAPY CAN HELP!

A physical therapist can evaluate the problem and design an individualized program of care to improve your function and enable you to manage your symptoms more effectively.

Comber Physical Therapy offers specialists in Low Back Pain and SI Joint Dysfunction to assist you in relieving the discomfort and pain.

Body Mechanics

There are ways to prevent back pain or prevent an increase in pain. Here are some suggestions:

- ◇ Lift with your legs, not with your back
- ◇ Avoid lifting above your head
- ◇ Maintain good posture by keeping your back straight
- ◇ Do not stand in one place for long periods of time
- ◇ Sleep on firm surfaces...do not sleep on your stomach
- ◇ Sleep on your side with knees bent and pillow between your knees or on your back with a pillow under your knees

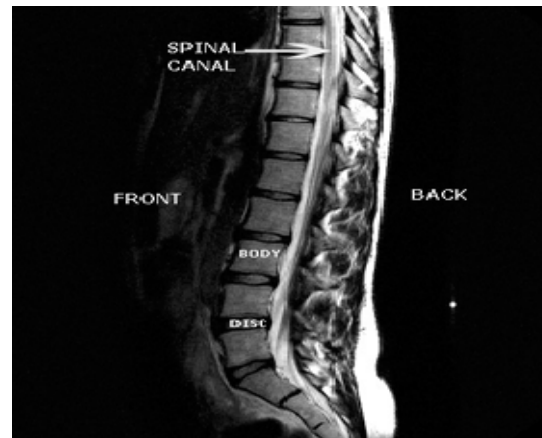


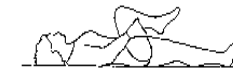
Figure 2: MRI image of lumbar spine in side view.

Exercises to Provide some Relief

When doing exercises, here are a few tips:

- ◇ Do not rush or strain
- ◇ Hold each for at least 10 seconds
- ◇ If there is pain, discontinue that exercise

Single & Double Knee to Chest



Purpose: To stretch hip, low back and buttocks.

Slowly pull the knee up to chest while keeping other leg straight on the floor. Repeat 5 times.

Prone on Elbows

Purpose: To stretch and maintain low back curve.



Press your arms up on your forearms while keeping hips and abdomen against floor. Repeat 5 times.

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