

# Break the Pain Cycle

PDR Clinics can help you break the pain cycle. Our program differs from other therapy programs in that we use a multidisciplinary approach to rehabilitation. Your customized program is specifically designed by our specialized physicians and therapists with your needs in mind.

Our physical therapists have a strong background in manual therapy and our occupational therapists have training in ergonomics and conditioning. As a result, our patients receive the benefit of working with both disciplines which offer different areas of skill and expertise. You will also receive a home exercise program that will continue to help improve your function and strengthening of key muscles.

## Insurance

We have contracts with most medical plans, including the following:

BlueCross/BlueShield Preferred One	Health Partners Medica
America's PPO	Medicare
Patient Choice	UCare
MN Health Care Programs	Humana

PDR Clinics is a participating provider to most health insurances. Most auto insurance and workers compensation plans cover our services as well. For questions regarding billing and/or insurance, call (952) 908-2700.



To watch our "Welcome" video, either scan our QR code or go to [www.PDRClinics.com](http://www.PDRClinics.com) and visit our Video Library.

# PDR Clinics' Locations

## Burnsville Clinic

172 Cobblestone Lane  
Burnsville, MN 55337

Ph: (952) 908-2710 Fax: (952) 908-2711

## Chanhassen Clinic

18912 Lake Drive East  
Chanhassen, MN 55317

Ph: (952) 908-2730 Fax: (952) 908-2731

## Coon Rapids Clinic

320 Coon Rapids Blvd NW, Suite 100  
Coon Rapids, MN 55433

Ph: (952) 908-2580 Fax: (952) 908-2581

## Edina (Southdale) Clinic

6700 France Ave, Suite 230  
Edina, MN 55435

Ph: (952) 908-2700 Fax: (952) 908-2701

## Maplewood Clinic

1856 Beam Avenue, Suite 100  
Maplewood, MN 55109

Ph: (651) 777-6507 Fax: (651) 777-6196

Please visit our website for direction details at [www.PDRClinics.com](http://www.PDRClinics.com).

## Clinic Hours:

Monday - Thursday 6:00 a.m. to 8:00 p.m.  
Friday 6:00 a.m. - 5:30 p.m.



## Pregnancy Backache Program



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

# Your Rehabilitation Program for Pre-, Peri- & Postpartum Back Pain

PDR is the leading provider of non-surgical treatment for chronic back and neck pain and our patients are our top priority. Our exclusive Pregnancy Backache Program is aimed at safely and effectively treating pre-, peri-, and postpartum back pain. Our physicians and advanced practice therapists have developed pregnancy, postpartum and post C-section protocols which ensure optimal safety for low back strengthening, and include all components of our standard program. In addition, we provide specific training in proper body mechanics and lifting techniques related to crib, car seat and bathtub transfers, as well as infant lifting techniques.

## Our Team

PDR's Medical Team consists of Physical Medicine and Rehabilitation specialists (Physiatrists) and Advanced-Practice Physical and Occupational Therapists who have extensive postgraduate training and special interests in the treatment of spinal disorders. Our team will provide you with the most advanced rehabilitation care available.

Once you've been evaluated by one of our spine specialists, an individualized treatment program will be formulated for your specific needs. Your program may include the following:

- Isolated spinal MedX strength training
- Stretching and core stabilization training
- Patient education
  - Pain management techniques
  - Postural retraining
  - Proper body mechanics and lifting techniques
- Swiss ball circuit training (home exercise) program
- Modalities and/or manual therapy as indicated

## MedX Equipment

MedX equipment is specifically designed to isolate and strengthen the spine which helps to increase function and reduce overall pain.

## Back Pain & Pregnancy

- Women prone to low back pain can reduce their likelihood of symptoms during pregnancy by participating in a general back exercise program prior to becoming pregnant [1,3].
- Individualized back care education regarding the anatomy and prognosis of the problem provided early during pregnancy reduces symptoms and sick leave time [3].
- A drug-free approach to treating back pain for pregnant and nursing mothers.
- Instruction in our exclusive Swiss ball circuit training home exercise program: Weekly physical exercise before pregnancy has been noted to reduce the risk for back pain problems in pregnancy [3].
- Reduction of postpartum mid-back pain associated with breast-feeding and repetitive lifting and carrying of a newborn infant.
- Treatment of postpartum disc herniations caused by labor & delivery.
- Prevention of Osteoporosis: Isolated lumbar extension exercise with the pelvis stabilized using specialized equipment elicits the most favorable improvements in low back strength muscle cross-sectional area, and vertebral bone mineral density. Improvements occur independent of diagnosis, are long-lasting, and appear to result in less utilization of the health care system than other more passive treatments.[4]
- Extensive training in proper body mechanics and lifting techniques related to crib, car seat and bathtub transfers, as well as infant lifting techniques.



## References

1. Perkins J, Hammer R, Loubert P: Identification and management of pregnancy-related low back pain J Nurse Midwifery 1998, 43:331-340.
2. Ostgaard H, Andersson G, Wennergren M: The impact of low back and pelvic pain in pregnancy on the pregnancy outcome. Acta Obstet Gynecol Scand 1991, 70:21-24.
3. Ostgaard H, Zetherstrom G, Roos-Hansson e, Svanberg B: Reduction of back and posterior pelvic pain in pregnancy Spine 1994, 19:894-900.
4. Medicine and Science in Sports and Exercise 1999, Volume 31, Number 1