



Alternative Back Care

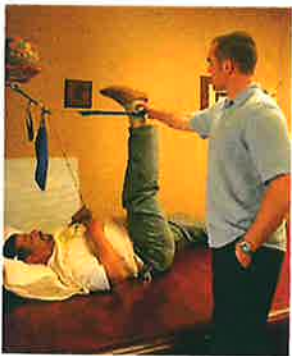
Physical Therapy

Achieving relief one back at a time

Low back pain? Migraines?

We have a solution! Alternative Back Care Physical Therapy takes a result-oriented and unique approach to successfully relieving pain and achieving results. Our approach focuses attention and treatment on the source and cause of pain, rather than treating the symptoms brought on by pain.

Although the founder, Chris Ford, MPT, initially developed our philosophy of care to treat patients with low back pain, we now use it to treat all forms of musculoskeletal pain and dysfunction, including migraines and headaches. This is why we consistently experience a high rate of success.



Find out why our patients are amazed at immediate relief and results that this program delivers. Our patient result forms are real results handwritten by our patients about how physical therapy at ABC has changed their lives.

"Getting proactive with the back stretches and exercises enabled me to walk the 39+ Avon Breast Cancer Walk in San Francisco. Thank you Alternative Back Care!"

"Within 2-3 visits with treatment and instructions for caring for my SI joint, I am now able to do more things including walking two miles with my dogs whereas before my first visit my symptoms prevented me from walking more than 1-2 blocks."

"My low back pain was limiting my ability to sleep and take care of my family as well. Also my neck became very tight and causing pain and moderate headaches. I now have no pain in my low back and very slight pain in my neck. My neck feels the best it has been in ten plus years."

A new patient wrote on her fourth visit.

"It has become a way to relieve a migraine headache. I've gone in with a headache, had treatment and walked out with relief... twice!"



If you are tired of living in pain and like many of our patients, have tried several methods such as: numerous physical therapy clinics, chiropractic, massage, spinal injections and even surgery; come see why we have succeeded where other traditional approaches have not. Our program has gained a reputation in delivering results of significant relief or complete resolution to our patient's pain. We have gained confidence from physicians and patients by consistently achieve success. Our results speak for themselves.

Achieve Relief with Alternative Back Care Physical Therapy.

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