

**Statement from Greg Degnan MD about
The Back Pain & Spine Therapy Functional Balance Institute
(The Spine Center at Physical Therapy at acac)**



“The **PT@acac Spine Center’s** early results have been excellent, and our numbers are growing. I truly believe this is a solution for multiple populations ranging from the young athlete to the baby boomer with balance issues. Most significantly, **The Spine Center** provides a viable and successful treatment option for patients with chronic back pain, who have previously floated from provider to provider, seeking solutions.

The **PT@acac Spine Center** provides a therapy protocol unlike any other in Central Virginia. Their clinical program is geared towards reestablishing normal movement patterns and core strengthening in patients who have lost functional capabilities because of acute or chronic low back pain.

The Back Pain & Spine Therapy Functional Balance Institute (The Spine Center) is a proprietary program developed at the Dedham Health and Athletic Complex in Dedham, MA. This program was developed in conjunction with the spine specialists from the department of Physical Medicine and Rehabilitation at the Brigham Woman’s Hospital in Boston, MA. The protocols developed and implemented by Dedham Health have been producing consistent, excellent results for patients for more than a decade.

The Spine Center’s program is based on the fundamental principle that patients with back pain move differently. They experience pain with movement, and ultimately become kinesiophobic -- subconsciously fearful of the pain of normal movement, and as a consequence, alter their movement patterns. As a result, they lose their core strength, and this in turn worsens their back pain.

Numerous studies have demonstrated that exercise programs, rather than standard therapy modalities, produce the best long-term results with many types of chronic back pain.

The Spine Center’s program focuses on restoring normal functional movement patterns and core strengthening, resulting in patients experiencing:

- pain reduction
- increased understanding of how to move normally, and without causing harm

The therapists at **The Spine Center** will work with patients to create an independent exercise program based on the movements and protocol exercises completed during their treatment, allowing patients to maintain their pain-reducing results -- necessary for patients with chronic issues.

The Spine Center’s focus on core strength and balance has also proven to be beneficial for:

- the aging population, as part of a fall prevention strategy
- young athletes, helping performance by increasing core strength

The Spine Center’s offerings are consistent with **PT@acac’s** mission-based quest to provide the best and most complete care to our community.”

- Dr. Greg Degnan
Sentara Martha Jefferson Orthopedics
Medical Director, **acac** fitness & Wellness Centers
American Council on Exercise (ACE) Industry Advisory Panel