

Exclusively Spine Physical Therapy

specializes in the treatment of neck, back and sciatic pain caused by:

- Herniated Disc
- Degenerative Disc
- Sciatica
- Facet Syndrome
- Whiplash
- Failed Back Surgery Syndrome

Exclusively Spine Physical Therapy features advanced technology combining disc decompression and computerized strengthening to relieve pain and to restore function.



MELISSA HOURIHAN, P.T.

Doctor of Physical Therapy

Dr. Hourihan's dedication to providing the best nonsurgical care for neck and back pain over the past eight years has resulted in overwhelming success for her patients. She celebrates a proud history and commitment to her patients whose lives have been forever changed.

Exclusively Spine
Physical Therapy, LLC
7616 W. Thunderbird Road
Suite 104
Peoria, AZ 85381



CALL
623-776-7577
TODAY
for a FREE
consultation!

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www.exclusivelyspine.com



Vertebral Axial Decompression Therapy

VAX-D® therapy is a safe, cost effective, nonsurgical treatment designed to relieve pressure on the structures that cause low back pain and sciatica. It offers new hope for the millions of people who suffer from low back pain every day. VAX-D is the original decompression table upon which all others are based. VAX-D uses patented technology to eliminate muscle spasms that may occur with stretching of the spine. VAX-D therapy has demonstrated success rates of 75-85% in clinical studies. Exclusively Spine Physical Therapy offers the new and improved Genesis model which features true biofeedback motion control for absolute accuracy of decompression and improved patient comfort.



CDM Monitored Rehab Systems

This equipment is the new gold standard for training and testing muscle strength, endurance and coordination. The unique chair construction guarantees optimum adjustment for training the various muscles of the low back. The computer software creates a videogame environment which learns the patient's strengths and weaknesses and will generate game patterns to focus on the weak areas.



KINESIS® by Technogym™

Kinesis has multiple stations for “movement therapy” which is designed

to re-establish the correct balance between mind and body, improving quality of life. Kinesis combines the use of full body balance, strength and flexibility and allows the body to move in three dimensional space. This type of training improves carryover to everyday motion.



BTE™ Multicervical Neck Unit (MCU)

The MCU is the most effective and complete system for computerized testing and strengthening of the muscles of the neck. The MCU allows for testing of the neck in various positions to focus on specific muscle groups of the neck. Studies have shown that 90% of patients reported major progress with the use of this equipment. Researchers noted direct increases in neck strength and motion resulting in reduced pain and improvements in quality of life.