



Sturdy Spine Program

For Neck and Back Pain Relief

Run by Sturdy Memorial Hospital's Physical Therapy Department, the **Sturdy Spine Program** combines targeted exercise techniques to restore functional strength and core stability. *Gain maximum mobility while decreasing pain in a safe, supportive environment!*

Tuesdays & Thursdays, Morning/Afternoon

at the TI Activity Center in Attleboro

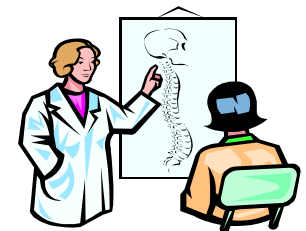
Approximately 1.5 Hour Sessions. Space is Limited.

Who Can Benefit?

Anyone suffering from neck or back pain, including those with degenerative disc disease, disc protrusions, chronic muscle strains, weight loss goals and post-partum needs.

What Does The Program Offer?

Comprehensive Exam • Step Aerobics • Strength-Training
Stretching • Goal Setting • Individual Assessments



Register Today

Call Sturdy Memorial's Physical Therapy Department at **(508)236-7380**, or fax referrals to **(508)236-7386** (specify "back program")