



IVY COLLABORATIVE HEALTHCARE



Premier Body Wellness Clinic • Augusta, GA
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www.IvyCollaborative.com

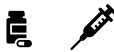
MANAGING BACK PAIN

Self-Help, Traditional Medicine & Ivy Collaborative Support



1. What Back Pain Can Feel Like

Back pain can show up as persistent aching or stiffness in the lower back, muscle spasms, limited mobility, pain that radiates into the buttocks or legs (sciatica), difficulty standing, sitting, or lifting, and a reduced quality of life as daily activities become harder to perform.



2. Self-Help Strategies	3. Traditional Medicine Options	4. How Ivy Collaborative Can Help
- Stay active with gentle movement (walking, swimming, cycling) - Practice good posture & ergonomics - Apply heat or ice as appropriate - Maintain a healthy body weight - Use proper body mechanics when lifting - Take movement breaks from sitting - Core strengthening under guidance - Seek professional help early if symptoms persist or worsen	- Physical therapy & exercise programs - NSAIDs or other pain medications - Chiropractic / manual therapy - Heat, ice, or bracing modalities - Epidural or other injections when medically appropriate - Multidisciplinary pain management - Surgical consultation for severe structural problems - Prompt care for red-flag symptoms	- EMVital high-intensity laser for temporary pain relief & circulation - EMSculptNEO builds deep core & back strength without strain - Breaks the pain-weakness cycle - Integrated approach to root causes - Non-invasive, comfortable sessions - Focus on lasting functional support

5. Helpful Links

Self Help	Traditional Medicine	Ivy Collaborative
niams.nih.gov/health-topics/back-pain medlineplus.gov/backpain.html Addendum A – Self Help Tools Links <i>Movement • Heat/Ice • Posture</i>	mayoclinic.org > back-pain diagnosis-treatment orthinfo.aaos.org (Low Back Pain) <i>PT • Meds • Evaluation</i>	ivycollaborative.com Emsculpt Neo • Emvital Core strength & pain relief <i>Schedule your consultation</i> 

6. Contact Ivy Collaborative Healthcare

2100 Central Ave, Ste 6, Augusta, GA 30904 | 706.364.3461
Complimentary consultations available • Non-invasive solutions for lasting support

You do not have to manage back pain alone—support is available.

