

Spine / Back / Neck

Spinal Stenoses

Physiotherapy

What we call physiotherapy today is really nothing more than good old medical gymnastics. We not only use it during the first stage of treatment for light pain but also combine it with our interventional pain management therapies for patients with stronger pain, during the stage when the pain subsides. When the pain is still acute, physiotherapy does not make much sense as, on the one hand, the physiotherapist is frustrated since patients are barely able to perform exercises because of their pain, and on the other hand because patients might often feel worse after therapy than before. Physiotherapy includes both active exercises to strengthen the muscles and improve the coordination of movements, and passive methods of therapy that apply physical stimuli such as heat, cold, pressure, electricity and radiation. There exists a wide range of different procedures, which are used by physiotherapists.