



PLEASE JOIN US AT FLAHERTY PHYSICAL THERAPY

LOW BACK PAIN AND SCIATICA WORKSHOP

Is your back or leg killing you? Do you know the biggest causes of lower back pain? Are you making your pain worse? Did you know that your leg pain or numbness is probably coming from your back? Are you sick of taking medications?

Come and learn more about how physical therapy treatment can be a great way to reduce your lower back pain or sciatica symptoms. We will cover how exercise, proper stretching and breathing techniques can help your daily pain issues to allow you to get a better handle on pain management.

WHEN

Tuesday, December 11

TIME

6-7 PM

LOCATION

Flaherty PT

Presented by: Kevin Flaherty,
PT, CSCS

For more information, or to
RSVP, call the office at:

508-393-9000