

SHEET METAL #10 BENEFIT FUND

Recommends PNBC & will WAIVE Your 20% Coinsurance

PNBC Physicians Neck & Back Clinics

Who is PNBC?

PNBC is a leader in non-operative spine care.

They are staffed with Board-certified medical doctors specifically trained to treat chronic spine pain. Together, they work on-site with highly trained rehabilitation professionals to provide specialized treatment to a wide range of chronic spinal disorders.

Clinic Locations:

(612) 644-9800 **www.pnbconline.com**

- **Coon Rapids** ■ **Eden Prairie** ■ **Lakeville**
3440 129th Ave. NW 775 Prairie Ctr. Dr. 17305 Cedar Ave.
- **Maple Grove** ■ **Roseville** ■ **Woodbury**
11671 Fountains Dr. 3050 Ctr Pointe Dr. 1000 Radio Dr.
- **Sartell** **(320) 253-5385**
Tomark Physicians, P.A. dba Physicians Neck & Back Clinics, 158 19th St. S.
- **Hudson, WI** **(715) 531-7622**
Western Wisconsin Medical Associates, S.C. dba Physicians Neck & Back Clinics of Western Wisconsin; 1600 Maxwell Drive

Finding the "Right"

Diagnosis & Treatment

Did you know that about 85% of the time physicians cannot identify the exact cause of a patient's spinal pain? Yet,

most medical professionals are not comfortable telling their patients "I don't know" or "I can't help you". Unfortunately, spinal

(neck and/or back) pain remains a medical diagnostic mystery, and the medical community doesn't agree on treatment options. Consequently, too many patients end up having a variety of treatments and all

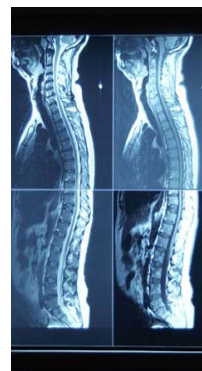
too often those treatments cause more problems and more pain.



What is the "Right" Treatment?

Did you know that only 2-3% of all patients with neck and/or back pain should ever need surgery?

There is a misconception among patients who suffer with chronic neck and/or back pain that surgery is always an option. ***This is not true.*** For most chronic spinal conditions there is **no surgical solution.**



Before You Have Surgery...

Visit PNBC

Instead of major surgery that may worsen your condition or passive therapies that only provide temporary pain relief (such as, hot/cold packs, ultrasound, electrical stimulation, massage and manipulation), PNBC utilizes an exercise based program.

This program emphasizes aggressive muscle strengthening through the use of computerized equipment that isolates the most important muscles of the neck and back. Programs are customized to meet the specific therapeutic needs of the individual patient. The goal of the program is to improve core strength, endurance, and mobility; while restoring function and promoting physical independence. Treatment usually consists of two rehabilitation sessions per week for a period of 8-12 weeks.

