

**Get past back
or neck pain
with a unique —
& effective —
program.**



Spinecare of The Pacific

Problems and pain related to the spine, particularly the lower back, are common and have a dramatic impact on the lives of millions in the U.S. Yet, they remain under-addressed. In fact, some people go years — even decades — with an ongoing problem that remains undiagnosed, frustrating and still in need of relief.

Proving our commitment by providing effective spine relief.

An important part of Mountain View Medical Center's commitment to excellent family medicine is doing all we can to help you get past the pain and get back to your life. This is why we designed our Spinecare of The Pacific program to provide meaningful relief of back and neck problems by restoring proper function. In fact, "function" is at the very heart of our approach to your relief and recovery.

Relieving pain by measuring & restoring your spine's function.

Our certified athletic trainer and other dedicated medical professionals take the same function-focused approach to your spine that sports-medicine pros take with injured athletes. Our program is crafted around restoring the spine's strength, stability, mobility and endurance. This starts with a careful assessment of what's going on, including medical history, thorough exam and in-house X-rays.

We are also one of only three facilities in Oregon measuring the various aspect of spine function using advanced equipment. Comparing these measurements with research-based norms, we develop an individualized, proactive regimen to help you regain function, which in turn leads to a reduction in pain and discomfort. We continually measure spine function to ensure your program is working. We also educate you about your back, proper posture, lifting techniques, how to ensure spinal stability and more. And we have the equipment, skill and knowledge to help you improve spine function and get out of pain.

The experience & know-how to help you get relief and get back to life!

Spinecare of The Pacific grew out of the book "Backworks," written by our own Dr. Tim Gray. In hundreds of libraries, Dr. Gray's book outlined the benefits of a non-narcotic, nonsurgical approach to relieving spine pain by improving proper function. Typically, our Spinecare patients experience considerable relief in just six to eight weeks... and are empowered to keep their spine function strong and avoid new pain or injury.

For more information about Spinecare of The Pacific and its unique approach to relieving back and neck pain, call Mountain View Medical Center today.



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