



2505 Racquet Lane  
Yakima, WA 98902  
Phone (509) 453.7325  
Fax (509) 453.7330

## Press Release

Contact: Danielle Bobb, Business Manager  
Phone: (509) 453.7325

FOR IMMEDIATE RELEASE  
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### **Andrea Box, DPT, BS, CSCS**



#### *Treatment Now Available Locally*

YAKIMA, WA, OCTOBER 3, 2013 - Andrea Box, DPT, BS, CSCS of Peak Performance Sports & Spine Physical Therapy, has successfully completed the aquatic based “Low Back Pain Dysfunction” course, in Seattle, Washington. Low back pain rehabilitation is typically centered on increasing the strength of the core (abdominal, back, and hip muscles). Improving posture and mobility of joints adjacent to the low back (ie. the hips and thoracic spine) can also be key to reducing pain and restoring mobility and function. Performing rehabilitation exercises in the pool can be a very gentle/ low impact means of enabling successful back pain rehabilitation. Progression back to land-based exercise can finalize the transfer of the strength and mobility gains made in the pool to the movements and activities important to our patients. The skills honed at this course will help those patients suffering from acute, chronic/degenerative, post-pregnancy, SI joint, or post-operative low back pain. For more information, please call 509.453.7325 or visit our clinic located in the lower level of the Yakima Athletic Club at 2505 Racquet Lane. Physician referral is required.