

# Have A Back Injury? Rehab Can Help You

Injuries can cause you to stagger in your day-to-day activities. Especially if those injuries affect your back. Different injuries to your back can not only affect the injured area but also other areas, such as your arms and legs. But without the proper care, these injuries can cause more issues down the line. If you have a back injury, why don't you take the time to look into our rehab clinics in Baton Rouge? Our professionals may be able to help you get back to your feet.

## Common Back Injuries

When it comes to the back, many people seem to think that a majority of injuries have to do with the spine. And while many injuries do, there's more to the back than just the bones. The most common injuries are:

- Sprains and strains.
- Herniated or bulging disc.
- Fractured vertebra.

Thankfully, most sprains and strains heal on their own within one to two days. On the other hand, injuries to your spinal discs can be a little more serious. Sometimes you can't even feel herniated or bulging discs, but when you can, it can cause the following symptoms:

- Muscle weakness.
- Numbness.
- Tingling.
- Arm or leg pain.

Only severe cases really need something like surgery. Thankfully, most cases are able to recover with bed rest, physical therapy, or other similar treatments. Your doctor will discuss options with you and decide the best choices for you.

Sometimes, however, a person might end up with a fractured vertebra, often due to age and weakening. These cracks in your bones may not seem like an issue, but they can cause a few troubling symptoms. The most common being acute pain, hunching, or even lost height. Thankfully, physical therapy may be a good choice for you. Discuss more with your doctor.

## How We May Be Able To Help You

As your choice back injury rehab center in Baton Rouge, we do as much as possible to ensure that you're getting proper care. One way we do this is by breaking down the different issues that your back might suffer from into three categories. Namely: The [upper](#), [middle](#), and [lower](#) back. This is to help you better understand your diagnosis and to see how exactly we can help you through your rehabilitation. And we do all of this because we understand that back pain could become a serious issue if left untreated. Discover more about our [services](#) and visit us today.

## Have A Back Injury? Our Rehab Center in Baton Rouge Can Help!

Are you suffering from a back injury and are looking for some help? Visit one of our rehab clinics in Baton Rouge today and see what we can do to get you back on your feet. Because Baton Rouge is such a large place and we want to help as many people as possible, we currently have four separate locations for you to visit! Currently, you can visit us on [Industriplex Boulevard](#), [Perkins Road](#), [Monterrey Boulevard](#), or in [Mid-City](#). If you have any questions for our staff, feel free to give us a call. We're more than happy to answer any questions you have.