

Put your back into it.

Postural restoration is a physical therapy technique that aims to restore a more neutral posture.

The goal of postural restoration training is to allow you to independently find a neutral position in the pelvis, spine, and rib cage. This will allow injured areas of your body to heal faster and more efficiently.

The Physical Therapy Department at Valley County Health System performs Postural Restoration using manual treatments and specific exercises to help you use your body in a more balanced state.



Contact Us

Valley County Health System
Rehab Center at:

Ord: (308)728-4247
Loup City: (308)745-0231
Burwell: (308) 346-4060

Valley County Health System does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment or participation in its programs, services and activities, or in employment. For further information about this policy, contact: VCHS Corporate Compliance Officer, Phone: 308-728-4321, TDD/State Relay: 800-833-7352

Postural Restoration



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Progressive Care with Compassion

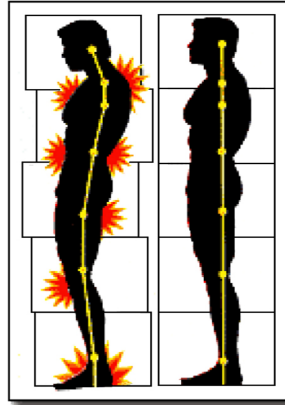


What is Postural Restoration?

Valley County Health System has staff specially trained to evaluate each patient to determine how faulty postural alignment can contribute to pain and decreased function.

How Can this Program Help Me?

Our goal is to restore your functional performance and maximize positive long term outcomes. We use specific one on one treatment sessions, along with advanced biomechanical assessment and postural correction to help restore function to the whole body, not just the site of pain.



We Excel in the Treatment of:

- Back pain
- Sciatica
- SI joint Strain
- Neck pain
- Headaches
- Hip pain
- Knee pain
- Foot Pain
- Hamstring pain and tightness
- Shoulder, Arm, and Hand pain
- Thoracic Outlet Syndrome
- Postural Malalignments
- Temporo Mandibular Joint Dysfunction (TMJ)

Techniques Utilized to Restore Your Function:

- Manual Therapy
- Biomechanical foot and lower extremity evaluation
- Very specific therapeutic exercise to facilitate weak postural muscles
- Pain relieving modalities

Insurance Information:

As a courtesy to our patients, we file your physical therapy claims with your primary insurance company. Please bring your current insurance cards with you at your first visit. Please be sure to talk to your physician about this or any other musculoskeletal pain you are experiencing. A physician's order is necessary to receive services at our facility. If you have any questions, would like to schedule an appointment or would like directions to any of our three convenient locations please call:

Three Convenient Locations:

Ord: (308)728-4247
Loup City: (308)745-0231
Burwell: (308) 346-4060



Visit us at
ValleyCountyHealthSystem.org