

## Orthopaedic/Spine Rehabilitation

*Do you avoid activities you enjoy because of pain?*

Do you have difficulty reaching up to fix your hair or to put away your groceries?

Do you avoid certain places because of stairs?

Do you have trouble getting out of bed or standing up after sitting because of a bad back?

These may be signs of arthritis or other musculoskeletal injuries. Pain in muscles or joints can prevent you from completing daily household chores or enjoying recreational activities.

Many people think it is normal to have back pain every day. Conditions that are successfully treated with physical or occupational therapy include:

- Back/neck pain
- Sports/recreational injuries (shoulder, elbow or knee sprain/strain)
- Arthritis
- Osteoporosis
- Repetitive-use injuries (carpal tunnel, tennis elbow)
- Post-surgery (total hip/knee, rotator cuff)

Let the therapists at FirstHealth Rehabilitation help you return to the activities you enjoy. Talk to your doctor about whether therapy may help you.

### **FirstHealth Rehabilitation–Pinehurst**

#### **Moore Rehab**

Located in FirstHealth Fitness–Pinehurst  
170 Memorial Drive • (910) 715-1825

#### **Aviemoore Drive Center**

Located at 12 Aviemoore Drive • (910) 715-2600

### **FirstHealth Rehabilitation–Raeford**

Located in FirstHealth Fitness–Raeford  
313 Teal Drive • (910) 904-7407

### **FirstHealth Rehabilitation–Rockingham**

Located in FirstHealth Fitness–Richmond  
120 Richmond Memorial Drive • (910) 410-9539

### **FirstHealth Rehabilitation–Sanford**

Located in FirstHealth Fitness–Sanford  
2925 Beechtree Drive • (919) 774-1595

### **FirstHealth Rehabilitation–Troy**

Located in the Outpatient entrance of  
FirstHealth Montgomery Memorial Hospital  
520 Allen Street • (910) 571-5129

***When you need Rehab ... You need FirstHealth.***



# **FirstHealth**

REHABILITATION

For more information on FirstHealth Rehabilitation or  
Orthopaedic/Spine Rehabilitation, please call (910) 715-1600  
or email [rehab@firsthealth.org](mailto:rehab@firsthealth.org).

[www.firsthealth.org/rehab](http://www.firsthealth.org/rehab)

