



Returning Patients to the Speed of Life

Physical & Hand Therapy

Centralized Scheduling

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www.serctherapy.com

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SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries/disorders

OUR CLINICS

Belton
 Blue Ridge Tower
 Harrisonville
 KC North
 Kearney
 Lansing
 Lee's Summit
 Liberty
 Metro North
 Olathe
 Overland Park
 South Raytown
 Shawnee

In the Clinic: Pregnancy Back Pain

There are several changes that can cause back pain during pregnancy, including the following:

- Weight gain.
- Center of gravity changes, creating muscle imbalances that cause strain on weight bearing structures in the body.
- Muscle fatigue due to these changes, resulting in poor posture.
- Hormonal surges, which can cause joint laxity, contributing to decreased joint support.

Physical Therapy can relieve back pain as a result of pregnancy with the following components:



- Instruction in proper posture to decrease pain.
- Instruction in specific body mechanics for routine activities.
- Instruction in a home exercise program
- appropriate for your stage of pregnancy.
- Self help techniques for pain management.
- Hands-on treatment (such as soft tissue mobilization) as determined by evaluation from a physical therapist.

Meet the Staff: Carolyn Kuhn

Carolyn works in our Central Scheduling Office. She has worked for SERC since 1997 when our offices first opened. Carolyn is the Office Administrator in our Central Scheduling Office.

Her various responsibilities include patient intake coordinator, cheerfully answering the phone, updating client information in our scheduling software and knowing the answer to everyone's

questions. If you have any questions about our services or just want to know more about SERC, Carolyn would be happy to assist you. You can call her at the numbers listed above.