

2 Months Long
Tues. & Thurs.
9:00-10:00am

April-May
June-July

August-September

Back & Neck Pain Group Medical Visit

Correct Compensation Patterns. Release Tension.

Address the chronic overload that makes you a prisoner to pain.
Strengthen posture, relax, and maximize your quality of life.

*Back & Neck Pain
are the leading
causes of disability
in the United States.*

Participation Requirements: Patients must be able to lay on the ground and transfer from the ground to standing unassisted.



*Patients will receive
an individualized
evaluation and
treatment program to
address posture,
movement, and the
primary cause of
spinal pain.*

*Time does not heal
pain if the cause is
not corrected.*

Taught by Dr. Roger Mignosa, physical medicine & rehabilitation physician and exercise physiologist.

Registration - Limited Class Size

Call: 858-587-1822

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