

SHEET METAL #10 BENEFIT FUND

recommends Physicians Neck & Back Clinics and will **waive** your 20% coinsurance.

Who is PNBC?

PNBC is a leader in non-operative spine care.

PNBC staffs Board-certified medical doctors trained to treat chronic neck and back pain. Together, they work with highly trained rehab specialists to provide specialized treatment to a wide range of chronic neck and back pain.



What is the "Right" Treatment?

Did you know that only 2-3% of all patients with neck and/or back pain should get surgery?

In a published study, 92% of patients who were referred for surgery did not need it after completing the PNBC program.

Before You Have Surgery...Visit PNBC

Many therapies are passive; they don't provide long lasting relief. And surgery may actually worsen your back. Instead, PNBC utilizes an exercise based program which strengthens the back and provides long term relief from back and neck pain.

PNBC emphasizes strengthening your body through the use of specialized equipment that isolates the most important muscles of the neck and back. The program takes 8-12 weeks to complete, and is customized to meet your specific needs. The goal of the program is to improve core strength, endurance, and mobility while restoring function and promoting physical independence.

**For more information, call 651-735-2225
or visit ResumeActivity.com**



Physicians Neck & Back Clinics

HEALTHPARTNERS Family of Care



Our Clinic Locations

Coon Rapids

3440 129th Ave. NW

Lakeville

17305 Cedar Ave.

Roseville

3050 Center Pointe Dr.

Sartell (320) 253-5385

158 19th St. S.

Edina

3601 Minnesota Dr.

Maple Grove

11671 Fountains Dr.

Woodbury

1000 Radio Dr.