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

Our Clinic Locations

Coon Rapids
3440 129th Ave. NW

Lakeville
17305 Cedar Ave.

Edina
3601 Minnesota Dr.

Maple Grove
11671 Fountains Dr.

Roseville
3050 Center Pointe Dr.

Woodbury
1000 Radio Dr.

Sartell (320) 253-5385
158 19th St. S.