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The staff at Blue Ridge Neuroscience Center work together in order to develop specific exercise programs for our patients. Our programs are designed for; pre and post-op patients, as well as those individuals who are not a candidate for surgery at the present time. Each patient undergoes a physical therapy evaluation by Emile G. Schmidt, Jr, PT to determine their individual deficits which may include one or more of the following; muscle tightness, contractures, peripheral muscle weakness and/or core muscle weakness. Any of these conditions can be the cause of spinal as well as extremity pain and debilitation. Our exercise programs are developed according to the individual patients needs and the exercises are taught to the patient in the clinic with a custom handout given to each patient for home use. The patients are educated in proper posture and how the above conditions can have an adverse effect on their musculoskeletal system (posture), in turn causing pain and even disability. Our focus is to teach specific and proper stretching for improved posture, as well as instructing in specific muscle training/strengthening to stabilize the core which will assist in preventing future symptoms. Each patient plays an active role in their rehabilitation and they are allowed to complete the program at home with regular visits to the clinic as required by their condition. We avoid the use of passive modalities as much as possible and if these services are needed we will make special arrangements to accommodate the patients' needs. This method reduces the number of visits made to the clinic and assists in keeping the cost of their rehabilitation to a minimum. Most importantly, the patients learn take charge of their own well-being and realize how much better they can feel by completing a few exercises each day.

The Miracle of Move/Start at the Core video contains samples of the exercises that we utilize at Blue Ridge Neuroscience Center for our spinal patients.

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This video includes illustrations of strengthening exercises for the viewer's core muscles. Core muscle strengthening is a complex and strenuous activity. This video illustrates some exercises which are part of a core strengthening program. The information and exercises contained herein are for demonstration purposes only. This video should not be used as an exercise guide except when recommended by a qualified physician or physical therapist. Neither Blue Ridge Neuroscience Center, P.C., any physician or physical therapist associated with or employed by Blue Ridge Neuroscience Center is liable for any injury or damages sustained through any use of the information, activities, or demonstrations contained in this video.