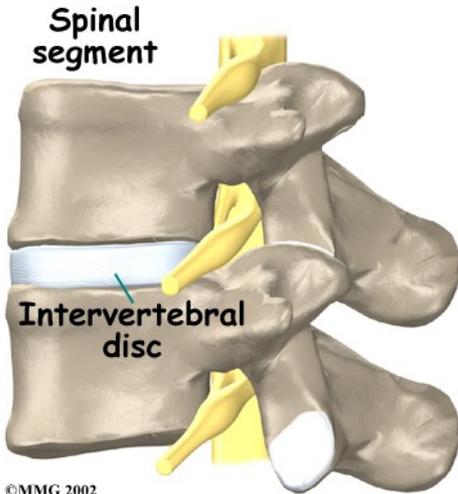


Introduction to Lower Back

Low Back Physical Therapy in Merrick and Amityville

Welcome to the Summit Physical Therapy patient resource for low back pain.



If you suffer from lower back pain, there is no reason why you do have to banish yourself to the bell tower at Notre Dame a la Quasimodo. In fact, we have designed this portion of our site with you in mind.

Whether you have lower back pain because of a herniated disc, osteoarthritis, or any other issue that is seriously impairing your outlook on life and your happiness, worry no more. We aim to provide a solution to you and to your problem, as well as supply information that will help you stay healthy and pain free after your injury is corrected.

After all, there is no reason for you to live life hunched over in pain, there is too much to see, feel and experience when you are able to stand tall.

Click on a link below to learn more:

[Lumbar Spine Anatomy](#)

[Lower Back Issues](#)

[Lower Back Surgery](#)

[FAQs](#)

Hear from some of our patients who we treated for **Back Pain**

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“ If you need physical therapy, I highly recommend this practice. Â Office staff will check your insurance coverage, advise out of pocket costs, do anything to help you over the health ins hurdles. Â Graham, the owner, has a ton of PT experience, takes a personal interest in his patients and hires great PTs. Â He helped me with next steps for my back problems. Very happy with the care & support I receive here. ”

Ginny M

Merrick, NY

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“ I had used Summit PT in the past after knee surgery. Very helpful got me on my way and back in form quickly. I recently injured my back, had to see an MD to move on to PT, I was doing PT twice a week... ”

“ I had used Summit PT in the past after knee surgery. Very helpful got me on my way and back in form quickly. I recently injured my back, had to see an MD to move on to PT, I was doing PT twice a week with this issue. They were knowledgeable and direct, I knew I was in good hands. Just followed the advice over the period of time and came out the other side in good form. They also educated me to protect from future similar injuries. ”

Peter C

Merrick, NY

[View all google reviews](#)

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“ very efficient, professional and friendly staff. I was effectively treated for sciatica and taught basic stretches to keep my pain away. ”

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Marietta C

Merrick, NY

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“ For someone with multi-segmental disc disease, lower back pain and various orthopedic problems over the years, I was genuinely surprised that physical therapy could provide any relief at all, but it did just that, largely because of the intelligent, directed treatment I received from Graham and his cohorts at Summit Physical Therapy. When my treatment ended, much of my pain was gone. I also took with me an exercise program that I have followed religiously ever since to great benefit. Graham himself, besides providing treatment and devising treatment programs, is also an excellent, knowledgeable teacher, who uses models to explain the workings of the body to you. Because I was going to continue on my own, it was important to know what works, what does not, and why. I (quite obviously) was very pleased with the treatment I received from Graham and his colleagues at Summit, so much so that I came to look forward to my sessions there. I recommend them to you very highly. ”

John S
Merrick, NY
[View all google reviews](#)

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Mary A
Merrick, NY
[View all google reviews](#)

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