

Introduction to Mid Back

Physical Therapy in Merrick and Amityville for Mid Back

Welcome to the Summit Physical Therapy's resource about mid back issues.



Regardless of what you think, a degenerative disc isn't a music CD that you don't want your kids to listen to. Rather it is an incredibly painful Mid Back condition that is less fun to deal with than a mini-van full of teenagers listening to the latest song by Lady GaGa.

If you currently suffer from Mid Back problems that are getting you down, both in spirit and in posture, it's time you did something about it.

This area of our site is designed to help you know what to do and how to fix Mid Back pain that could be caused from ruptured or bulging discs or to help you determine if you pulled a major muscle while cleaning your kid's room last weekend.

You don't have to live with Mid Back pain, your condition, more than likely is completely treatable when you enlist our help. However, you might have to live with the music your kid plays, at least until they go to college.

Click on a link below to learn more:

- [Thoracic Spine Anatomy](#)
- [Thoracic Disc Herniation](#)
- [Mid Back Surgery](#)
- [Research Articles](#)

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

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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 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

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Marietta C

Merrick, NY

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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

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Mary A

Merrick, NY

[View all google reviews](#)

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