Back Care Boot Camp

Compliments of:

Institute of Sports Medicine & Orthopaedics
20295 NE 29th Place, Ste 300
Aventura, FL 33180
Phone: (786) 629-0910 Fax: (786) 629-0920
admin@instituteofsports.com
The Institute of Sports Medicine and Orthopaedics, P.A., was created on the premise of "primum non nocere" — first do no harm. Our philosophy is to accurately evaluate and diagnose patients and guide them through their journey to improvement.
No treatment program for low back pain is complete without a great deal of attention to the prevention of further back problems.

It is a common belief that most episodes of low back pain simply get better in 6 or 8 weeks no matter what type of treatment a patient receives. The problem with this thinking is that 90 percent of these patients will have recurring bouts of back pain. Without proper instruction on how to protect the spine, they will continue to do things that lead to further injury and deterioration of the spine. Without information about how to practice good spine health, patients are at risk for having increasing problems with low back pain and are more apt to eventually develop disabling back pain.

The truth is that most people who’ve had back pain once don’t get completely better by themselves. They may begin to have less pain, but that isn’t always a sign that everything has returned to normal.

Scientists have determined that having back pain, even once, can alter the way your back and abdominal muscles work, which can leave your spine unsupported and prone to another injury. That’s where Back Care Boot Camp comes in. It details these new facts. It also teaches you ways to energize your muscles again to protect your back and to reduce the chances of having a future problem. Back Care Boot Camp gives immediate guidance to help you head off potential long-term problems—before they occur.
Or you can purchase a printed manual in a high quality, full color softback book format here:

www.backcarebootcamp.com/bcbc_online

The entire program is available online at:

www.backcarebootcamp.com/estore
Order Form

Contact: Ann Campbell
Contact Info: Office 866-721-3072
Fax: 406-721-2610
E-mail: info@medicalmultimdediagroup.com

Fax this form to: 406-721-2619

or

Mail this form to:
Medical Multimedia Group, LLC
228 West Main Street, Suite D
Missoula, Montana  59802

Shipping Information

Name:____________________________________
Shipping Address:__________________________

City:_________________________ Zip:_________
Phone:_______________________________

Credit Card Information

Type: Visa  AmEX  Discover  Mastercard
Expiration: (Month/Year):___________________
C Card Number:___________________________
Name on card:_____________________________
Billing Address:____________________________

Zip:________________ Phone:_______________
City:________________ State:________________
Signature:__________________________________

Pricing:

1-5 manuals $29.95 each
6-10 manuals $27.95 each
11-20 manuals $24.95 each
21-50 manuals $21.95 each
51-100 manuals $18.95 each

Shipping Costs:

1 manual $5.95
2-10 manuals $9.95
11-20 manuals $19.90
21-30 manuals $29.85
31-40 manuals $39.80
41-50 manuals $49.75
51-60 manuals $59.70