

BACK PAIN SYSTEM

The St Louis Back and Knee Center uses a comprehensive treatment program to alleviate pain and restore function. Each step is designed to complement the others, and together this combination of therapies provides a level of pain relief far beyond what any one treatment could provide on its own.



THERAPY EXERCISES

We create a customized set of stretches and exercises for each patient to improve mobility and reduce pain.



LASER THERAPY

Reduce inflammation, relieve pain, and stimulate healing with a specialized red light therapy aimed to repair injured tissue.



CHIROPRACTIC ADJUSTMENT

Chiropractic care helps relieve pain and improve movement in your body by gently adjusting your spine and joints.



TRIGGER POINT THERAPY

Quick injections to relax tight spots in your muscles, helping to ease pain and improve movement.



LUMBAR SUPPORT BRACE

Improve spine and disc alignment. Retrain muscles to maintain the improvement and ensure long-term relief.



SPINE DECOMPRESSION

Gently alleviates pain due to irritated nerves by opening the disc space in the spine and relieving pressure on discs.



PLATELET RICH PLASMA

Boost your body's healing using your body's own cells. The healing effects can continue for months after injection.



CUSTOM ORTHOTICS

Shoe inserts made specifically for you based on a 3D scan to support your feet. Great alignment from the ground up!



KNEE PAIN SYSTEM

The St Louis Back and Knee Center uses a comprehensive treatment program to alleviate pain and restore function. Each step is designed to complement the others, and together this combination of therapies provides a level of pain relief far beyond what any one treatment could provide on its own.



THERAPY EXERCISES

We create a customized set of stretches and exercises for each patient to improve mobility and reduce pain.



LASER THERAPY

Reduce inflammation, relieve pain, and stimulate healing with a specialized red light therapy aimed to repair injured tissue.



CHIROPRACTIC ADJUSTMENT

Chiropractic care helps relieve pain and improve movement in your body by gently adjusting your spine and joints.



BRACING & SUPPORT

Off-loader knee brace takes some of the pressure your knee to let you move more comfortably and with less pain.



GEL INJECTIONS

Natural cushioning injections for smoother movement and less discomfort.



KNEE DECOMPRESSION

Gentle knee stretching to ease pain, stimulate healing, and improve flexibility. Feel better fast, stay better longer!



PLATELET RICH PLASMA

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