



Medical Services Directory

A Winter Texan Guide To Professional Care In The Valley.



South Texas Clinic for PAIN MANAGEMENT

A Multidisciplinary Interventional Pain Medicine Practice

We treat all types of pain including but not limited to:
Herniated Disk, Back Pain, Sciatica, Neck Pain,
Headache, Hip Pain, Arthritis, Diabetic Neuropathy,
Degenerated Disk, Shingle Pain, Pain as a result of
automobile accidents and work related accidents.

SHAHID RASHID, M.D.

Board Certified by The American Board of Anesthesiology
Board Certified by The American Board of Pain Medicine
Board Certified by The American Academy of Pain Management

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956-687-8120

www.ThePainMedicine.com

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Are you suffering from **Chronic Pain?**

BACK TO ACTION CAN HELP

Ask your doctor about the benefits of Aquatic Therapy in our indoor heated pool

- Water is the ideal medium for exercise or rehabilitation. When standing in shoulder depth water, body weight is reduced by 90%. Water decreases musculoskeletal stress and impact on the joints.
- Warm water is also relaxing, thereby allowing individuals to move with greater mobility and less pain.
- By using freestanding underwater exercise equipment in a pool, users gain the general benefits of exercise without suffering from the compression and impact forces that occur with gravity on dry land.

We can start your evaluation and individualized treatment plan within 24 hours of your doctor's prescription.



Back To Action offers these important extras

- 94° water temperature is perfect for relaxing muscles.
- Over 10 years experience in aquatic therapy.
- Air dehumidifier keeps aquatics room smelling fresh and clean.
- Chair lift assists patients into and out of the pool.

BACK TO ACTION
PHYSICAL THERAPY

Advanced, one-on-one care for optimal health

We accept most insurance policies, Medicare, major credit cards

Call 428-8951 to schedule your appointment
1801 Ed Carey Dr., Suite C, Harlingen • Steve Mineker, P.T., Clinical Director