



SOUTH HILLS

Physical Medicine

Chiropractic Care at its Heart

Not all chiropractors are the same, and at South Hills Physical Medicine, the difference is more than apparent.

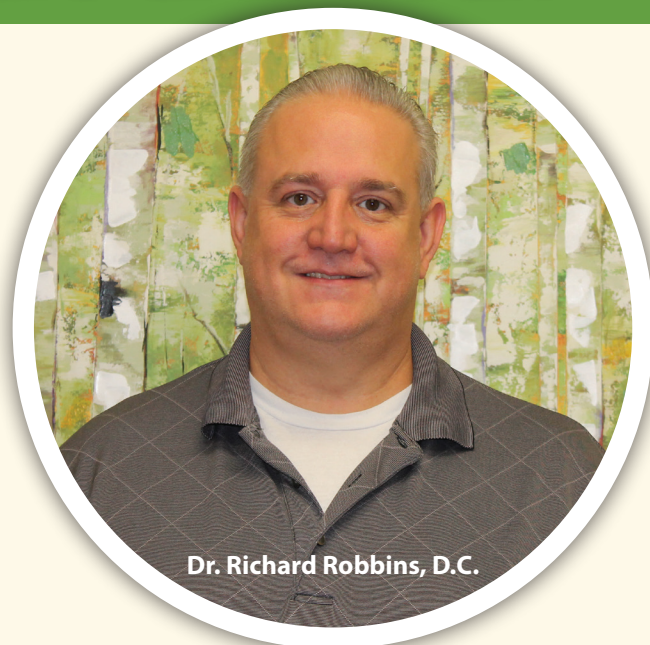
"We are a chiropractic clinic at heart," explains Dr. Neil Knetzer, D.C., "and we're very conservative in how we treat people, minimizing the use of any pharmaceuticals and just letting the body heal itself naturally with adjustments and rehabilitation." But, when this just doesn't help the pain, the providers do have medical treatments at their disposal.

South Hills Physical Medicine is a multidisciplinary clinic complete with a medical director and nurse practitioner on staff. Having a medical staff gives it the ability to treat specific areas of pain more efficiently, such as migraines, shoulders, elbows, and knees as well as carpal tunnel syndrome and sciatica. The clinicians examine the scope of pain and decide the best course of action to get their patients back on track as quickly as possible.

Keep in mind, though, that while they do aim to get patients feeling better as quickly as possible, Dr. Richard Robbins' comprehensive approach leads to a complete healing of the patient rather than just relieving symptoms appointment after appointment.

"We don't want to just put a 'band-aid' on the problem and send you on your way; we want to fix the cause of the problem entirely," explains Dr. Robbins. "People tend to want things done in one visit which is understandable when experiencing pain. But it doesn't always work like that; it takes time."

Dr. Knetzer likes to describe South Hills Physical Medicine's approach to care as similar to training for a marathon. Although not everyone has the desire to run a marathon, life can certainly be compared to one.



Dr. Richard Robbins, D.C.

"If you want to run a marathon, you have to work so your body responds to what you want to do, which takes time and effort. The same is true if you work in an office and have back pain from sitting close to eight hours a day. Within two to three weeks, we can relieve more than 50 percent of your pain," explained Dr. Knetzer. As part of the "marathon training," patients are given various exercises and follow-up treatment for the next five to six months to strengthen and provide endurance at the root cause of the pain. With this proper follow-up and "training," a full and more permanent recovery will prevail.

Outside of regular business hours, South Hills Physical Medicine believes in giving back and routinely donates to South Hills Interfaith Movement to support its mission. It also supports the Central Blood Bank by hosting blood drives, and the Patriot Project by providing free chiropractic care to military veterans.

Visit the website at southhillspysmed.com for more information on South Hills Physical Medicine, including a full listing of all the services provided and to schedule an appointment. You can also call directly at 412.885.3533. Conveniently located in The Shoppes at Caste Village, the practice has convenient weekday and evening hours for patients on the go, and participates with most major insurances.



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