


# *Back Health*

## Education Program



The Back Health Education Program is an interactive class developed by Laura A. Bonsness, MPT, COMT, a physical therapist at Black Hills Orthopedic & Spine Center. The free class provides an overview of the back:

- Protecting your back during daily activities
- Prevention of back injuries & decreasing the chance of reinjury
- Aiding the healing process
- Proper body mechanics

This class will be offered 1-2 times per month at Black Hills Orthopedic & Spine Center.

Call the Physical Therapy Department today for details and dates.

**(605) 343-7353**

Mobility for *Living*



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**Black Hills Orthopedic  
& Spine Center, P.C.**

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