

Introduction to Mid Back

Physical Therapy in Canton for Mid Back

Welcome to the BodyFit Physical Therapy's resource about mid back issues.



Regardless of what you think, a degenerative disc isn't a music CD that you don't want your kids to listen to. Rather it is an incredibly painful Mid Back condition that is less fun to deal with than a mini-van full of teenagers listening to the latest song by Lady GaGa.

If you currently suffer from Mid Back problems that are getting you down, both in spirit and in posture, it's time you did something about it.

This area of our site is designed to help you know what to do and how to fix Mid Back pain that could be caused from ruptured or bulging discs or to help you determine if you pulled a major muscle while cleaning your kid's room last weekend.

You don't have to live with Mid Back pain, your condition, more than likely is completely treatable when you enlist our help. However, you might have to live with the music your kid plays, at least until they go to college.

Click on a link below to learn more:

[Thoracic Spine Anatomy](#)

[Thoracic Disc Herniation](#)

[Mid Back Surgery](#)

[Research Articles](#)

Hear from some of our patients who we treated for **Back Pain**

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Cindy C

Canton, CT

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“ 16. Frankly, I had almost given up golf and other fun activities. Without success, I had been to other PT offices trying to get improvement for few, old nagging injuries. Cindy's diligent evaluation found the source of my challenges and implemented a careful improvement plan. She is remarkable on so many levels. Smart, resourceful and determined. Thanks to Cindy, my physical improvement is notable. Stronger, more balanced and pain free in my golf game! ”

Bren B

Submitted on website directly

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“ What I love most about working with Cindy is the newfound confidence I have in my body. Cindy takes extra time to explain how each exercise she teaches will positively affect my swing, and she's always right! It's the best feeling to know BodyFit is in my corner, pushing me toward my on-course goals. ”

Alecia H

Submitted on website directly

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“ Iâ€™ ve worked with Cindy over the winter to get ready for the spring season. One of the most important things that Cindy taught me was the 6 minute warm-up before golf. I do it every time I play and... ”

“ Iâ€™ ve worked with Cindy over the winter to get ready for the spring season. One of the most important things that Cindy taught me was the 6 minute warm-up before golf. I do it every time I play and it helps tremendously! ”

Rosemary G

Submitted on website directly

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“ I took an introductory golf fitness class with Cindy Langer from BodyFit and followed up by taking the Titleist Performance Institute Golf Physical with her. She is certified with TPI. The process was...”

“ I took an introductory golf fitness class with Cindy Langer from BodyFit and followed up by taking the Titleist Performance Institute Golf Physical with her. She is certified with TPI. The process was very comprehensive and revealing. My results reflected my age (senior) but rang quite true to me. Cindy has worked with me to focus on the balance and flexibility issues that the testing pointed to. I am a dedicated fitness and exercise buff and found Cindy to be really smart about the motions, stretches etc that produce progress. Her follow up (suggested "homework") is excellent and her coaching/training style is very productive. She explains things clearly and listens to input. Finally, her studio is first rate. All in all, Cindy offers a high quality, friendly training and rehab experience. ”

Chris R

Canton, CT

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Julius K

Submitted on website directly

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“ One of the best decisions I have made recently was my reach out to Cindy based on a fellow golfer's recommendation. I had lost flexibility in my golf swing. Based on a program that Cindy developed I am now starting to see an increase in my distance with the driver and playing with less pain, too. ”

Mike S

Submitted on website directly

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“ Cindy is absolutely wonderful to work with. I am a huge advocate for physical therapy but I wanted to see someone who can address all the pain I was experiencing and not just one specific area. I...”

“ Cindy is absolutely wonderful to work with. I am a huge advocate for physical therapy but I wanted to see someone who can address all the pain I was experiencing and not just one specific area. I like how I got 1:1 attention for a full hour. I noticed an improvement almost immediately. She's extremely personable and so smart. Sessions with her are worth every penny and I look forward to coming back whenever I need a little tune up. ”

Richelle W

Canton, CT

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“ I first met Cindy at my country club where she was offering a free class on golf mobility. After the class, I just knew I had to see Cindy to help what I thought was tight hips. After an evaluation,... ”

“ I first met Cindy at my country club where she was offering a free class on golf mobility. After the class, I just knew I had to see Cindy to help what I thought was tight hips. After an evaluation, Cindy told me that it wasnâ€™t my hips, it was my back. She explained why that was the case and then she went about helping me fix the problem. I can honestly say that my during round back pain has gone away. And, maybe it was the lesson I took or Cindyâ€™s exercises, by might handicap dropped back below 10 for the first time in a few years. Thanks Cindy! ”

Jim G

Submitted on website directly

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Jon B

Canton, CT

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“ I came to Cindy in early 2022 due to ongoing hamstring and lower back pain from a running injury that surfaced in the summer of 2021. Cindy did an amazing job assessing my pain and issues from a... ”

“ I came to Cindy in early 2022 due to ongoing hamstring and lower back pain from a running injury that surfaced in the summer of 2021. Cindy did an amazing job assessing my pain and issues from a whole-person, individualized approach. She provided me a combination of treatments during my appointments and the tools and homework to help me overcome and manage my pain. I honestly donâ€™t know if I would have been able to get over the hump without her and am able to run pain free now. I would 100% recommend BodyFit Physical Therapy to anyone especially runners overcoming an injury and pain! ”

Melinda G

Canton, CT

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“ I was having difficulty making a good turn, not to mention finishing the round. Stiff neck, sore shoulder, and a chronic achy lower back with spasms. Then came BodyFit. Cindy developed flexibility and... ”

“ I was having difficulty making a good turn, not to mention finishing the round. Stiff neck, sore shoulder, and a chronic achy lower back with spasms. Then came BodyFit. Cindy developed flexibility and strengthening techniques to alleviate/deal with the pain. My swing is bigger, drives are longer, and scoring is now sharp on the incoming 9! Go see BodyFit for lower scores ”

Brian L

Submitted on website directly

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