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All the age individuals need to protect their spine. The spine is considered to be the longest bone in your body that connects the upper body to the lower body. And when you suffer from any pain it can be directly or indirectly related to your spine especially when you have back and lower back pain. At Rebound Rehabilitation situated in Jacksonville, St. Augustine, and Orange Park, FL, our physical therapist works with you for the relief of your sciatica and back pain. Our main goal is to reduce your symptoms and alleviate the pressure on the sciatic nerve utilizing numerous different physical therapy techniques so that your relief is long-lasting. For more information, please visit <https://reboundrehab.com/> ...

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