



Health HQ Addresses Back Pain Through Established Physical Therapy Practices

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Back pain remains one of the most prevalent musculoskeletal conditions affecting individuals across various age groups and activity levels in the United States. As a public health concern, it impacts daily function for millions, leading to significant work absences and healthcare expenditures. Health HQ, a physical therapy clinic in Fenton, Michigan, continues to apply established clinical practices in evaluating and managing this widespread issue, focusing on comprehensive assessments that examine movement patterns and contributing factors.

According to data, 88 percent of Americans will experience low back pain at some point in their lives to a degree that limits normal daily activities. This condition results in approximately 264 million missed work days annually and contributes to \$50 billion spent each year on pharmaceutical treatments. Additionally, low back pain-related surgeries account for 30 percent of all healthcare costs, even though only 1.2 percent of affected individuals undergo such procedures. These statistics underscore the persistent nature of back pain as a public health challenge that transcends demographics, affecting both sedentary and active populations.

Physical therapy clinics like Health HQ employ structured approaches to assessment and management,

drawing from established methodologies in musculoskeletal care. A key component involves the physical therapy assessment for back pain, which evaluates an individual's movement, function, and potential contributing factors such as muscular endurance and cardiovascular fitness. Clinicians observe how demands placed on the low back may exceed its capacity, as 94 percent of low back pain cases are musculoskeletal in origin. This evaluation process helps identify specific motions or activities that may aggravate discomfort, while also noting those that could provide relief, without implying any guaranteed resolutions.

Common misconceptions about back pain often lead individuals to assume underlying severe conditions, such as disc issues, fractures, or more serious diseases. However, in the majority of cases, no such sinister processes are present. Instead, back pain frequently stems from what can be described as insufficient strength or endurance in the affected area. Educational resources highlight that individuals with higher levels of muscular and cardiovascular endurance exhibit lower risks of developing low back pain, based on studies like those published in Spine journal in 2015.

The importance of understanding pain, movement, and function cannot be overstated in clinical settings. Physical therapists work to clarify these elements, emphasizing that back pain does not need to be an insurmountable barrier. Through observation of patient patterns, clinicians note recurring themes, such as the aggravation of pain during certain activities and the potential benefits of targeted movements. This structured clinical evaluation allows for a holistic view, integrating factors like overall health biomarkers and daily demands on the body.

Dr. Mitch Babcock, Partner and Doctor of Physical Therapy at Health HQ, observes patterns in patient presentations. "In our experience, back pain often arises when the physical demands exceed the body's current capacity, particularly in the musculoskeletal system," said Dr. Babcock. "Assessing movement and function provides insight into these imbalances, drawing from years of clinical observation across diverse patient groups."

Broader industry relevance points to the ongoing need for public awareness about back pain management. Physical therapy plays a role in addressing this by focusing on evaluation techniques that have been part of standard practice for years. Research supports the correlation between increased strength and endurance with improved motion and reduced recurrence likelihood, as noted in publications like the Journal of Orthopaedic & Sports Physical Therapy in 2015 and the Journal of Strength and Conditioning Research in 2020. These findings reinforce the value of professional assessments in understanding population-wide trends, where back pain affects individuals regardless of age or activity level.

Dr. Alan Fredendall, Partner and Doctor of Physical Therapy at Health HQ, adds perspective on observed trends. "Across patient populations, we see consistent patterns where movement limitations contribute to

back pain persistence," said Dr. Fredendall. "Structured evaluations help identify these factors, reflecting established practices in the field."

In the context of public health, emphasizing prevention through awareness of contributing factors remains crucial. Clinics continue to apply these assessments to support individuals in navigating this common condition, aligning with broader efforts to mitigate its societal impact.

Health HQ, established in 2016 by Dr. Mitch Babcock, provides physical therapy services in Fenton, Michigan. The clinic specializes in treating the whole individual through a holistic, integrative approach that examines factors contributing to pain, movement, and health. Led by Doctors of Physical Therapy, including partners Dr. Babcock and Dr. Fredendall, the practice offers one-on-one care focused on musculoskeletal issues, sports rehabilitation, and specialty areas such as pelvic health and care for older adults. Since Dr. Fredendall joined in 2018, the team has expanded to include specialists like Dr. JoEllen Bender, Dr. Haley Dennison, and Dr. Delaney Heavin, all holding Doctor of Physical Therapy degrees and certifications in various fitness and health domains. The mission centers on helping individuals overcome aches and pains while learning practices for sustained health.

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