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Laser Spine Institute Supports National Spinal Health Month

TAMPA, FLA. – October is National Spinal Health Month and **Laser Spine Institute** is reaching out to raise awareness of common spinal conditions and offer simple solutions for back pain sufferers. With 90 percent of the American population experiencing back pain, it's not surprising insurance companies dish out \$50 billion a year for back pain, making it the leading cause for physician visits.* LSI Director of Physical Therapy, Irene Rademeyer PT.OCS., gives practical advice for alleviating back pain without a visit to the doctor's office.

LSI's facilities in Tampa and Scottsdale, with a new addition on the way in Philadelphia, offer a minimally invasive surgical approach with an incision measuring less than one inch and a five-day outpatient process from evaluation to recovery, drastically reducing the time it takes for patients to get back their lives. However, simple changes in daily activities can often alleviate pain without the need for surgery.

Spinal Health Tips

- Use good body mechanics – lifting and leaning can be detrimental to spinal joints and ligaments. Maintain a straight supported spine with good abdominal contraction and squat using your legs for safe lifting.
- Choose healthy exercises including flexibility and core stabilization. Avoid heavy weights and add cross training to avoid repetitive strain to the spinal joints.
- Good daily posture prevents backache. Stand tall, raise your breastbone and actively lengthen your spine.
- Select shoes with a thick supportive rubber sole, which provides a cushion as you walk and prevents repetitive jolting to your spinal joints. High heels alter your centre of gravity and result irritation to your spinal joints.
- Change your body position frequently – sustained postures overload and fatigue the ligaments of spinal joints resulting in pain. Prolonged sitting is a common problem for spines as it applies pressure to the spinal column and discs.

With just a few adjustments and an awareness to keep spines healthy, all ages should be able to lead active lifestyles. Should more care be required, patients receive all of their spinal health care needs in one location at LSI. From pre-operative imaging and diagnostic testing, to endoscopic laser surgery and post-operative physical therapy, patients receive the highest quality care combined with the most advanced treatments. In today's fast paced world, back pain sufferers don't have time for a six-week recovery from traditional back surgery.

Potential candidates with back and neck pain can visit www.laserspineinstitute.com or call toll free 1-866-853-6191 for more information on outpatient, minimally invasive spine surgery and upcoming seminars in cities across the United States.

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