



CONTACT: Richards Partners for Texas Back Institute
Shelly Richardson, (214) 891-5386
shelly_richardson@richards.com

Allison Allison, (214) 891-5212
allison_allison@richards.com

TEXAS BACK INSTITUTE SHARES STARTLING STATISTICS FOR NATIONAL SPINE HEALTH DAY, OCTOBER 16

*Doctors release surprising back facts and simple exercises to keep spine health top of
mind*

PLANO, Texas (October 16, 2009) – Specialists at the Texas Back Institute are honoring National Spine Health Day by providing exercises to keep your back in tiptop shape. The day is designated to bring attention and awareness to the pervasive problem of back pain, and the experts at the Texas Back Institute reveal astonishing back facts to keep spine health top of mind.

The problem of back pain is widespread—affecting eight out of 10 adults at one point or another during their lifetime. However, early intervention reduces the likelihood of back pain becoming a chronic problem. Chronic, intermittent back pain affects 30 percent of the population, and back pain is the most frequent cause of activity limitation in people younger than 45 years old.

“Most people don’t realize how important a healthy spine is to overall well-being. Back pain can be devastating to not only one’s physical health, but also one’s emotional health and financial standing,” said Dr. Jack Zigler, a world-renowned orthopedic spine surgeon at Texas Back Institute. “Back pain is the second most common reason for visits to the doctor’s office, outnumbered only by upper respiratory infections.”

In honor of National Spine Health Day, the experts at the Texas Back Institute share these tips to build and maintain a healthy spine:

1. Press-Up

Lie on the floor on your stomach, and place your hands in a push-up position. Slowly push up with arms and allow the back to naturally bend as if doing a standing back bend. Relax the lower back as much as possible and keep hips on the floor. Perform 10 repetitions with no hold.

2. Pretzel Stretch

Lie on your back with knees bent; place opposite ankle on opposite knee. Reach and pull bottom thigh up toward the chest until you have a mild to moderate stretch. Perform two or three stretches on each leg, holding each stretch for 30 seconds.

3. Bridge

Lie on your back with knees bent and feet spread shoulder-width apart. Slowly lift hips off floor until thighs and trunk are in straight alignment, then slowly return to beginning position. Perform five to 15 reps in one to two sets.

4. Neck Stretch

Tilt head slowly to the side, with your ear directly over your shoulder. Hold 30 seconds, then relax and proceed to other side for one to two reps on each side. Next, turn head (as if turning head side to side to say “no”). Hold chin in line with shoulder 30 seconds, with one to two reps on each side.

“Maintaining a healthy diet and weight while also maintaining proper posture is key to a healthy spine,” said Dr. Zigler. “Most back pain will go away after two or three days, but if you are in doubt or experiencing leg pain, make an appointment with a doctor to have your back pain evaluated.”

Americans spend at least \$50 billion per year on back pain treatment. With the above tips, the doctors at the Texas Back Institute hope many will realize what an asset a healthy spine is. If you have a specific question about treatment options or pain that you are experiencing, visit www.texasback.com/ask_the_doctor to submit your inquiry.

About Texas Back Institute

Texas Back Institute, one of the largest freestanding multispecialty spine clinics in the United States, was established in 1977 and provides comprehensive medical care for back and neck pain. Texas Back Institute is a back care leader specializing in spinal arthroplasty, minimally invasive spine surgery, degenerative disk disease and spinal deformation. As an academic health care organization, Texas Back Institute has trained hundreds of physicians, scientists and allied health professionals. Its research institution employs state-of-the-art technology and is involved in many clinical trials, including artificial discs. Texas Back Institute’s professional staff includes board-certified spine surgeons, general surgeons, internists, physiatrists, pain specialists, exercise physiologists, and a team of physical and occupational therapists. Texas Back Institute has locations in Dallas, Denton, Fort Worth, Mansfield, McKinney, Plano, Rockwall, Trophy Club and Wichita Falls, Tyler, Odessa, Texas, and Phoenix and Gilbert, Arizona. For more information, visit www.texasback.com.

###