

spine health and wellness

Spine Health and Wellness: Your Guide to a Stronger, Healthier Back

Are you experiencing nagging back pain? Do you find yourself constantly slouching or avoiding certain activities because of discomfort? Your spine, the central pillar of your body, deserves the utmost care and attention. This comprehensive guide dives deep into the world of spine health and wellness, providing actionable tips, expert advice, and practical strategies to help you achieve a stronger, healthier back and improve your overall quality of life. We'll explore everything from proper posture and exercise to nutrition and stress management – all crucial components of a holistic approach to spine health and wellness.

Understanding Your Spine: The Foundation of Movement

Before we delve into strategies for improving spine health, let's understand its fundamental structure and function. Your spine is a complex network of bones (vertebrae), discs, muscles, ligaments, and nerves. It protects your spinal cord, supports your body weight, allows for flexibility and movement, and plays a critical role in maintaining balance and coordination. Understanding this intricate system is the first step toward proactively protecting it.

Posture: The Silent Killer of Spine Health

Poor posture is a silent epidemic, subtly contributing to back pain, neck stiffness, and other musculoskeletal issues. Slouching, hunching over screens, and improper lifting techniques put excessive strain on your spine, leading to muscle imbalances, disc degeneration, and even chronic pain. Adopting good posture is crucial. This involves:

Maintaining a neutral spine: Imagine a straight line from your earlobe, through your shoulder, hip, and knee. This alignment minimizes stress on your vertebrae.

Ergonomic setup at work and home: Invest in an ergonomic chair, ensure your monitor is at eye level, and take frequent breaks to stretch and move.

Mindful movement: Pay attention to your posture throughout the day. Consciously correct yourself whenever you notice slouching.

Exercise: Strengthening Your Core and Spine

Regular exercise is paramount for spine health and wellness. Focus on exercises that strengthen your core muscles – the abdominal and back muscles that support your spine. These include:

Plank variations: These isometric exercises strengthen your entire core, improving stability and posture.

Bird-dog: This exercise improves core stability and balance.

Deadlifts (with proper form): Deadlifts, when performed correctly, are excellent for strengthening the

entire posterior chain, crucial for supporting the spine. Always consult a professional before attempting deadlifts, especially if you have pre-existing back conditions.

Swimming: The low-impact nature of swimming makes it ideal for strengthening back muscles without putting excessive stress on the spine.

Yoga and Pilates: These practices emphasize proper alignment, core strengthening, and flexibility, all essential for spine health.

Remember, consistency is key. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

Nutrition: Fueling Your Spine's Strength

The foods you eat directly impact your spine's health. A diet rich in:

Calcium and Vitamin D: Essential for strong bones.

Magnesium: Crucial for muscle function and relaxation.

Omega-3 fatty acids: Reduce inflammation and promote joint health.

Antioxidants: Protect against cell damage.

is crucial for optimal spinal health. Limit processed foods, sugary drinks, and excessive saturated fats, which can contribute to inflammation and weight gain, further stressing the spine.

Stress Management: The Often-Overlooked Factor

Chronic stress can exacerbate back pain and contribute to muscle tension. Stress management techniques, such as:

Mindfulness meditation: Reduces stress hormones and promotes relaxation.

Deep breathing exercises: Help release tension in the muscles.

Yoga and Tai Chi: Combine physical movement with mindfulness.

Spending time in nature: Offers a calming effect and reduces stress levels.

are crucial for maintaining both mental and physical well-being, indirectly supporting spine health.

When to Seek Professional Help

While proactive measures can significantly improve spine health, it's crucial to seek professional help if you experience:

Severe or persistent back pain: Pain that doesn't respond to home remedies warrants a visit to a doctor or physical therapist.

Numbness or tingling in your limbs: This could indicate nerve compression.

Loss of bowel or bladder control: This is a medical emergency.

Significant changes in posture or gait: These changes could indicate underlying issues.

Early intervention is key to preventing more serious problems.

Conclusion

Maintaining optimal spine health and wellness requires a holistic approach encompassing proper posture, regular exercise, a healthy diet, and effective stress management. By incorporating these strategies into your daily life, you can significantly reduce your risk of back pain, improve your mobility, and enhance your overall quality of life. Remember to listen to your body, address any concerns promptly, and consult with healthcare professionals when necessary. Your spine is your foundation – treat it with the care it deserves.

FAQs

1. What are the most common causes of lower back pain? Lower back pain frequently stems from muscle strains, ligament sprains, disc problems (herniated or bulging discs), osteoarthritis, and poor posture.
1. Can chiropractic care help with spine health? Chiropractic care can be beneficial for some individuals, particularly those experiencing musculoskeletal issues. However, its effectiveness varies, and it's crucial to consult with a qualified chiropractor and discuss your specific needs.
1. Are there specific exercises I should avoid if I have back pain? Avoid exercises that cause pain or increase discomfort. Consult with a physical therapist or doctor to determine which exercises are safe and appropriate for your condition.
1. How much sleep do I need for optimal spine health? Aim for 7-9 hours of quality sleep per night. Adequate sleep allows your body to repair and regenerate tissues, including those in your spine.
1. What are some ergonomic tips for working from home? Ensure your chair provides adequate lumbar support, your monitor is at eye level, your keyboard and mouse are positioned comfortably, and you take regular breaks to stretch and move around.

spine health and wellness: Strengthen Your Back DK, 2013-10-21 Strengthen Your Back covers all practical aspects of back care from diagnosis and treatment to exercises and pain relief. Illustrated step-by-step exercises help you address your back and neck pain, alongside carefully planned strategies to stop injuries recurring. Simple, clear diagrams show the anatomy of your back

and neck and specialized sections deal with back pain in specific scenarios such as home, work, driving and gardening. Includes advice on where to seek help and how to get the best results from rehabilitation. Play an active role in your healthcare with Strengthen Your Back!

spine health and wellness: The Resonance Effect Carolyn McMakin, 2017-04-25 The Resonance Effect is both the author's story of her inspirational journey of having the courage to find her true calling and an account of the development of a remarkable newly rediscovered treatment, frequency specific microcurrent (FSM), that takes advantage of the body's ability to respond to frequencies in order to heal a number of chronic conditions. Carolyn McMakin, a chiropractor specializing in fibromyalgia and myofascial pain, describes her experience using a two-channel microcurrent device that has achieved astounding results that have changed medicine and created new possibilities for suffering patients over the past twenty years. Nerve pain, fibromyalgia, diabetic neuropathies, muscle pain, athletic performance, injury repair, joint pain, low back pain, neck pain, kidney stone pain, the kidney stones themselves, liver disease, diabetic wounds, brain and spinal cord injuries, PTSD, depression, shingles, asthma, ovarian cysts, abdominal adhesions, and scarring all respond to specific frequencies. McMakin explains that results are predictable, reproducible, and teachable—all without side effects—offering hope and healing to millions of people. McMakin tells the story of how thousands of patients with conditions that did not respond to other medical therapies recovered from pain and disability through the non-invasive treatment that she developed. For example, asthma resolves with specific frequencies that remove inflammation, allergy reaction, and spasm from the bronchi. One frequency combination eliminates shingles pain in minutes and stops the shingles attack with a single three-hour treatment. Since 2005, a series of frequencies has been used to treat hundreds of PTSD patients. Post-surgical patients use FSM to reduce pain, prevent bruising, and increase healing. NFL, NHL, and Olympic athletes use it to heal injuries and improve performance. McMakin includes case histories that illustrate the efficacy of the treatment and shares the specific frequencies that each condition requires so that patients direct their own treatments.

spine health and wellness: Rehab Science: How to Overcome Pain and Heal from Injury Tom Walters, Glen Cordoza, 2023-04-11 Recover from injuries and put a stop to pain with this step-by-step guide In his new book, Rehab Science, renowned orthopedic physical therapist Tom Walters shows you how to take back the power to heal. He explains how to understand and identify pain and injury, how to treat common issues to muscles, tendons, ligaments, and more, and how to end chronic pain for good. Our current healthcare model, with its emphasis on treating symptoms rather than addressing the root cause of those symptoms, can be frustrating, especially for people with ongoing pain. Rehab Science outlines a new way of thinking about pain and injury with a movement-based system that helps you treat pain and heal from injuries on your own terms. Dr. Walters delivers proven protocols that strengthen the body, improve mobility and movement quality, alleviate pain, ensure full recovery, and keep pain and injury from reoccurring in the future. This book highlights common issues like ankle sprains, tennis elbow, and low back pain and provides protocols for rehabilitating each one step by step and week by week. Find out what you can do to accelerate the phases of healing by using targeted movements and pain-relieving rehab exercises. Full-color photo sequences show how to do each exercise correctly. In Rehab Science, you'll learn: • How to identify and treat common pains and injuries • Which exercises can prevent pain from returning • How long you should be doing rehab exercises • Major signs and symptoms that may require medical attention • How a diagnosis can factor into recovery • What common X-ray and MRI findings mean • How to program exercises to rehab specific injuries • When you might need to consider surgery • And much, much more

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spine health and wellness: *Chiropractic Unleashed: The Ultimate Guide to Spinal Health* Mei Lin Zhang, 2023-01-01 Align your spine, and let your body's innate healing power flourish. Discover the power of chiropractic care and embrace a life of optimal spinal health with Chiropractic Unleashed: The Ultimate Guide to Spinal Health. This comprehensive guide takes you on a journey through the world of chiropractic, demystifying the practice and showcasing its incredible benefits for your overall well-being. With expert advice, practical tips, and detailed explanations, this book is your roadmap to a healthier and more balanced life. Chiropractic Unleashed is organized into 25 insightful chapters, each delving into essential topics that will provide you with a solid foundation in chiropractic care. Learn about the history and philosophy of chiropractic, as well as its core principles and techniques. Explore the connection between the spine, nervous system, and overall health, and find out how chiropractic care can help you overcome a wide range of ailments. Some of the key chapters include: • Understanding the Spine: Anatomy and Function • The Science Behind Chiropractic Care: How it Works • Benefits of Chiropractic: Addressing Pain, Posture, and Performance • Different Chiropractic Techniques: From Diversified to Activator Methods • Holistic Health: Integrating Chiropractic Care into Your Lifestyle • Chiropractic for Athletes: Enhancing Performance and Preventing Injuries • Chiropractic for Seniors: Maintaining Mobility and Independence • Animal Chiropractic: Helping Our Four-Legged Friends • The Future of Chiropractic: New Techniques and Emerging Trends Whether you're new to the world of chiropractic or a seasoned patient looking to deepen your understanding, Chiropractic Unleashed: The Ultimate Guide to Spinal Health will be an invaluable resource. Immerse yourself in the incredible world of chiropractic care and unlock the full potential of your body's innate healing power. Get your copy today and start your journey toward a healthier, happier life. Contents: Introduction to Chiropractic Origins and history Philosophy and principles Chiropractic vs traditional medicine The Spine and Nervous System Anatomy and function The importance of spinal health Common spinal issues and conditions Chiropractic Techniques Spinal manipulation Mobilization Soft tissue techniques Assessment and Diagnosis Patient history Physical examination Diagnostic imaging Chiropractic Care for Various Conditions Back pain Neck pain Headaches and migraines Sports injuries Chiropractic and Pediatrics Benefits for children Adjusting techniques for young patients Common pediatric conditions treated Chiropractic Care During Pregnancy Benefits and safety Adjusting techniques for pregnant patients Alleviating pregnancy-related discomfort Preventative Care and Maintenance Posture and ergonomics Exercise and stretching Nutrition and supplements Chiropractic and Integrative Healthcare Combining chiropractic with other therapies Multidisciplinary care approach Chiropractic in the healthcare system Choosing a Chiropractor Licensing and credentials Finding the right practitioner Questions to ask during your first visit Your

First Chiropractic Appointment What to expect Patient consent and communication Post-treatment recommendations Chiropractic Myths and Misconceptions Addressing common concerns Debunking misconceptions Safety and efficacy Chiropractic Research and Evidence Current studies and findings Efficacy for various conditions Future research directions Chiropractic Ethics and Professionalism Code of ethics Patient rights and responsibilities Continuing education and professional development The Future of Chiropractic Innovations and advancements Integrating technology Expanding the scope of practice Chiropractic for Athletes Performance enhancement Injury prevention Recovery and rehabilitation The Role of Chiropractic in Pain Management Understanding chronic pain Alternative to pain medications Personalized pain management plans Chiropractic for Seniors Age-related spinal changes Benefits for older adults Chiropractic care for specific age-related conditions Chiropractic and Mental Health The mind-body connection Stress reduction and relaxation Chiropractic's role in improving mental well-being Chiropractic for Animal Care History and application Benefits for animals Techniques for various species Chiropractic Education and Training Chiropractic colleges and programs Coursework and clinical experience Board examinations and certification Chiropractic Practice Management Establishing a practice Marketing and patient retention Legal and financial considerations Chiropractic Around the World International scope of chiropractic Chiropractic in various cultures The global future of chiropractic Patient Stories and Testimonials Real-life experiences Success stories and transformations The impact of chiropractic on daily life

spine health and wellness: The True Power of Chiropractic Jason W. Ingham, 2019-08-27 With over one hundred Americans dying everyday to opioid overdose, doctors must look toward permanent solutions before the epidemic continues to spiral out of control. This is where chiropractic comes into play. Instead of throwing medicine at symptoms and chronic pain and hoping they go away, chiropractic is a nonsurgical solution that can alleviate pain and save you money down the road. From watching his mother see dramatic results with her polio through chiropractic treatment, to being treated himself as a child, Dr. Jason W. Ingham knows the benefits of chiropractic all too well. He wrote this book as a guide for a pain-free life--one where you don't have to use medicine as a crutch. In *The True Power of Chiropractic: Unlock Your Body's Natural Ability to Adapt, Renew, and Restore*, Dr. Ingham will share his knowledge with you so you can take your first steps to improving your life through chiropractic.

spine health and wellness: Finding Balance Monica Aggarwal MD, Jyothi Rao MD, 2016-08-15 This is a revolutionary new look at why we are affected by illness and how to restore balance and learn to heal. This book will show you how you can become the newer, healthier, more vital you!

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spine health and wellness: The Complete Idiot's Guide to Back Pain Jason Highsmith M.D., Jovanka Milivojevic, 2011-02-01 Leave back pain behind. For the millions of back pain sufferers, the causes can be numerous, making the search for relief frustrating and complex. The *Complete Idiot's Guide® to Back Pain* and its expert authors explain the many causes of back pain and provide the best methods and techniques for relief and prevention of back pain and maintaining a healthy back. • Do-it-yourself relief • Conventional and alternative options • Chronic pain management • Exercises, yoga, and Pilates to keep the back healthy

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spine health and wellness: RECOVERY 2.0 Tommy Rosen, 2014-10-21 The feeling was electric-energy humming through my body. I felt like blood was pouring into areas of my tissues that

it had not been able to reach for some time. It was relieving and healing, subtler than the feeling from getting off on drugs, but it was detectable and lovely, and of course, there was no hangover, just a feeling of more ease than I could remember. I felt a warmth come over me similar to what I felt when I had done heroin, but far from the darkness of that insanity, this was pure light-a way through. - Tommy Rosen, on his first yoga experience Most of us deal with addiction in some form. While you may not be a fall-down drunk, anorexic, or a gambling addict, you likely struggle with addiction in other ways. Workaholism, overeating, and compulsively engaging with technology like video games, texting, and Facebook are also highly common examples. And if you don't suffer from addiction, chances are you know someone who does. Through more than 20 years of recovery and in working professionally with others, Tommy Rosen has uncovered core elements of recovery and healing, what he refers to as Recovery 2.0. In the book, he shares his own past struggles with addiction, and powerful, tested tools for breaking free from the obstacles that stand in the way of a holistic and lasting recovery. Building off the key tenets of the 12-Step program, he has developed an innovative approach that includes • Looking at the roots of addiction; your family history and Addiction Story • Daily breathing practices, meditation, yoga, and body awareness • A healthy, alkaline-based diet to aid with detox, boost immunity, increase vitality, support your entire recovery, and help prevent relapse • Discovering your mission, living on purpose, and being of service to others Recovery 2.0 will help readers not only release their addictions, but thrive in their recovery.

spine health and wellness: The Activator Method Arlan W. Fuhr, 2008-01-24 From basic scan protocols to advanced assessment procedures, THE ACTIVATOR METHOD, 2nd Edition discusses the Activator Method Chiropractic Technique (AMCT) in an easy-to-understand, how-to approach. This updated 2nd edition covers all aspects of the controlled low-force analytical and adjusting system, from the history of the technique to in-depth examinations of body structures. It also features expanded content on supportive subjects from seven new contributors, discussing topics such as activator and instrument adjusting history, instrument reliability in the literature, the neurology of pain and inflammation, temporal mandibular disorders, and leg length reactivity. - UNIQUE! As the only Activator Method textbook in the field, it is known as the standard reference in Activator. - Expert author, Dr. Arlan Fuhr, is a co-founder of the AMCT, bringing his unparalleled expertise to the subject. - Brand new full-color photos detail assessment procedures, specific anatomical contact points, and lines of drive to clearly show procedures for easier learning. - Clinical Observations boxes share the author's knowledge from years of experience and provide tips on analysis of certain conditions and suggestions for atypical cases. - Summary tables in each clinical chapter allow you to quickly access pertinent information. - Step-by-step instruction throughout the Instrumentation section helps you understand the principles of the technique. - Appendix: Activator Quick Notes for Basic and Advanced Protocol provides at-a-glance reviews of important points and things to remember when performing basic and advanced protocols. - A new chapter on leg length analysis procedures offers comprehensive coverage of this critical step in using the Activator Method. - Seven new contributors bring fresh insight to AMCT.

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environments can modify and shape neuronal plasticity in lower animals and humans. In humans, in particular, there are new ways of charting neuronal plasticity at the ensemble or regional level using functional neuroimaging techniques such as positron emission tomography and functional magnetic resonance imaging. Thus, the time seems right for transporting the laboratory results to the clinic so that experimental findings can be tested in the field. This volume provides some impetus to moving the field of cognitive neuroscience a little further in its efforts to improve the lives of patients who have suffered a debilitating brain injury.

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improve. Better yet, follow the tips at the end of each chapter to create a lifestyle that leads to a phenomenal experience of body, mind and spirit.

spine health and wellness: Crooked Cathryn Jakobson Ramin, 2017-05-09 The acclaimed author of *Carved in Sand*—a veteran investigative journalist who endured persistent back pain for decades—delivers the definitive book on the subject: an essential examination of all facets of the back pain industry, exploring what works, what doesn't, what may cause harm, and how to get on the road to recovery. In her effort to manage her chronic back pain, investigative reporter Cathryn Jakobson Ramin spent years and a small fortune on a panoply of treatments. But her discomfort only intensified, leaving her feeling frustrated and perplexed. As she searched for better solutions, she exposed a much bigger problem. Costing roughly \$100 billion a year, spine medicine—often ineffective and sometimes harmful—exemplified the worst aspects of the U.S. health care system. The result of six years of intensive investigation, *Crooked* offers a startling look at the poorly identified risks of spine medicine, and provides practical advice and solutions. Ramin interviewed scores of spine surgeons, pain management doctors, physical medicine and rehabilitation physicians, exercise physiologists, physical therapists, chiropractors, specialized bodywork practitioners. She met with many patients whose pain and desperation led them to make life-altering decisions, and with others who triumphed over their limitations. The result is a brilliant and comprehensive book that is not only important but essential to millions of back pain sufferers, and all types of health care professionals. Ramin shatters assumptions about surgery, chiropractic methods, physical therapy, spinal injections and painkillers, and addresses evidence-based rehabilitation options—showing, in detail, how to avoid therapeutic dead ends, while saving money, time, and considerable anguish. With *Crooked*, she reveals what it takes to outwit the back pain industry and get on the road to recovery.

spine health and wellness: Integrative Medicine E-Book David Rakel, 2012-04-12 *Integrative Medicine*, by Dr. David Rakel, provides the practical, evidence-based guidance you need to safely and effectively integrate complementary and alternative medical treatments into your practice. This medical reference book lays the framework for making the best use of these therapeutic modalities and understanding the mechanisms by which these interventions work, keeping you at the forefront of the trend toward integrative health care. Incorporate therapeutic integrative medicine modalities into clinical practice through the Tools for Your Practice section that offers how-to application for recommending meditation, prescribing probiotics, and how to do an elimination diet. Apply integrative treatments for a full range of diseases and conditions including autism, stroke, chronic fatigue syndrome, and various forms of cancer...see how to advise patients on health maintenance and wellness...and get valuable advice on topics such as meditation, diet, and exercises for back pain. Avoid potential complications with recommended dosages and precautions. Enhance patient care with therapy-based guidance and printable patient education guides. Implement proven integrative treatments for various diseases thanks to an evidence-based therapeutic approach. Weigh the likely effectiveness of various treatments vs. their potential harm with helpful icons based on the SORT (Strength of Recommendation Taxonomy) method. Validate potential interventions through the latest research in genomics and advanced imaging technologies, such as MRI.

spine health and wellness: Multidisciplinary Management of Chronic Pain Sridhar Vasudevan, 2015-08-27 This book is a 'must have' resource in every physician/clinician practice setting.--Martin Grabois, M.D., Professor of PM&R, Baylor College of Medicine, Houston, TX. Dr. Vasudevan draws upon an accumulated reservoir of clinical expertise to provide readers with an up-to-date and highly readable guide to multidisciplinary pain management. . . . If only this book was available years ago--Francis J. Keefe, PhD. Professor of Psychology, Psychiatry and Anesthesiology, Duke University, Durham, NC. This practical volume brings multidisciplinary innovations to the treatment of chronic pain. It argues expertly for the benefits of a biopsychosocial approach over current pain treatments more suited to acute care. The author's insights into the complexity of chronic pain and critiques of common but inconsistent unimodality pain management methods

underscore the need for targeted multi-disciplinary pain programs. Among a wealth of useful clinical nuggets, readers will find guidance on adding virtual support to a pain management team, details on ways patients can take an active role in dealing with their chronic pain, and the original concept of the back attack. Included in the coverage: Pain theories and factors behind chronic pain—its application in treatment. Cognitive behavioral coping strategies. Treatments that have questionable or controversial evidence. Evaluation of disability in patients with chronic pain. Creating a virtual multidisciplinary team. Common pain problems: low back pain, complex regional pain syndrome, myofascial pain syndrome, fibromyalgia. Multidisciplinary Pain Management will enhance the work of diverse practitioners, including health and clinical psychologists, family and other primary care physicians, psychiatrists, occupational and physical therapists, and rehabilitation specialists.

spine health and wellness: *Spinal Deformities* Christopher DeWald, Ronald DeWald, 2024-10-02 The definitive authoritative textbook on spinal deformities from the Scoliosis Research Society *Spinal Deformities: The Comprehensive Text, Second Edition*, edited by renowned spinal deformity surgeons Christopher J. DeWald and his father Ronald L. DeWald, is a long-awaited, authoritative, one-stop resource that covers the breadth and depth of this specialized field. The first edition textbook edited by Ronald DeWald attempted to help formulate a Scoliosis Research Society (SRS) core curriculum for spinal deformity to meet the educational needs of both aspiring and seasoned spine deformity surgeons. This second edition edited by father and son expands and reorganizes the core curriculum concept. Since the publication of the first edition in 2003, significant advancements have been made in this field. This book reflects greater understanding of the mechanics of correction, new implants and techniques that improve three-dimensional correction, emergence of innovative growing constructs for early-onset scoliosis, and introduction of minimally invasive and nonfusion approaches. The textbook features 81 chapters organized into six comprehensive sections: Spinal Anatomy and Evaluation, Spinal Pathologies, Pediatric and Adolescent Spinal Deformity, Adult Spinal Deformity, Spondylolisthesis, and Surgical Considerations and Complications. From perioperative management to intraoperative neuromonitoring techniques, the authors share strategies to enhance patient safety and optimize surgical outcomes. Greatly expanded content covers anatomy, etiologies, pediatric and adult deformities, surgical and nonsurgical treatments, and potential pitfalls. Key Features Sponsored by the SRS, with 100% of contributions from members, including senior surgeons Step-by-step instructions on diagnosis, surgical planning, operating room setup, intraoperative techniques, and management of complex complications Forty videos covering major techniques enhance understanding of surgical procedures and facilitate acquisition of practical skills This comprehensive reference and practical guide is essential reading for all spine deformity surgeons, from residents and fellows to more advanced practitioners. This book includes complimentary access to a digital copy on <https://medone.thieme.com>. Publisher's Note: Products purchased from Third Party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitlements included with the product.

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spine health and wellness: *Your Spinal Health* Peter Bennett, 2019-05-24 Learn: - How your spine works, what it does and why it's critical for your health How spinal degeneration happens and how it can be reversed The safest, easiest and most effective exercises to improve your spinal flexibility and strength What you should eat and what you must avoid How stress and other mental issues affect your spine and what you can do about it

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journey to living a more fulfilling and pain-free life today! Author Biography Matthew Irvine is an experienced Osteopathic Physician working in the UK in private practice. Since he was young he had high ambitions to help as many patients as he could overcome their often stubborn and debilitating pain. With Matthew's 4 years of experience and expertise, he has decided to create this book to help guide patients in better understanding and finding solutions to dealing with their back pain.

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senior medical student. It will definitely help with their careers and also be a useful tool to prepare for the board certified orthopaedic examination

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