

Let Spine Team Texas help.

Feel like a kid again.



Other convenient clinic locations in
Bedford, Flower Mound and Las Colinas.

1545 East Southlake Boulevard | Suite 100
Southlake, Texas 76092
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817.442.9300



Get back to life



If back pain is keeping you from the important things in life, there's one place to turn for relief: Spine Team Texas. Our nationally recognized specialists utilize a team approach, blending superior service and clinical excellence to give you the ultimate patient experience. We provide comprehensive back and neck pain care, including diagnostic testing, acute spine pain management, physical therapy and minimally invasive surgical techniques. All in comfortable surroundings with the personalized care and attention you deserve.

Just as important, we'll help you keep your back healthy with new information and preventative tips like these.



An ounce of prevention

One of the best ways to avoid back pain is through proper exercise like low-impact aerobics, including walking or swimming. Stop if the exercise becomes painful, and always remember to stretch. Stretching is an easy and simple activity to incorporate into your daily routine, since you can do it almost anywhere. Plus, its health benefits are countless.

Here are a few more tips on keeping your back in shape:

- Avoid sitting for long periods of time: walk, move, bend or change positions at regular intervals.
- When standing at length, propping one foot on a stool may reduce strain on the lower back.
- While traveling by plane, use a lumbar roll or airplane pillow to support your lower back and promote better posture.
- Sleeping on your side or back adds support to your lower back.
- If you sit for long periods at the office, invest in an ergonomically correct chair, roll up a towel and place it behind your lower back, or add additional lower back support.



When to see a physician

In most cases, back and neck pain is simply the result of a strain or soft tissue injury. Your condition may improve with specialized exercises, rest and anti-inflammatory medicine. Other times, you may need to see a doctor, sometimes within 24 hours depending on the symptoms.

Here are some rules of thumb on symptoms that require care from a spine specialist:

- Radicular pain – Anytime you have back or neck pain that radiates down into your leg or arm.

- Persistent pain – If pain is limited to the lower back or neck area and does not subside after a short course of anti-inflammatories and rest.
- Loss of control of your bowel or bladder is an emergency signal that you need an evaluation immediately.
- Foot drop – If you notice that your toe or foot is dragging as you walk, this is a danger sign. See a spine specialist within 24 hours. Again, if you delay, you could experience permanent damage to the nerves and sensation in the leg.
- Weakness, numbness or pain that extends below the shoulder or hip is also a potentially serious symptom.

Life is calling...
Answer it with help from
Spine Team Texas.



Make an appointment today by calling 817.442.9300, or for more information visit spineteamtexas.com.