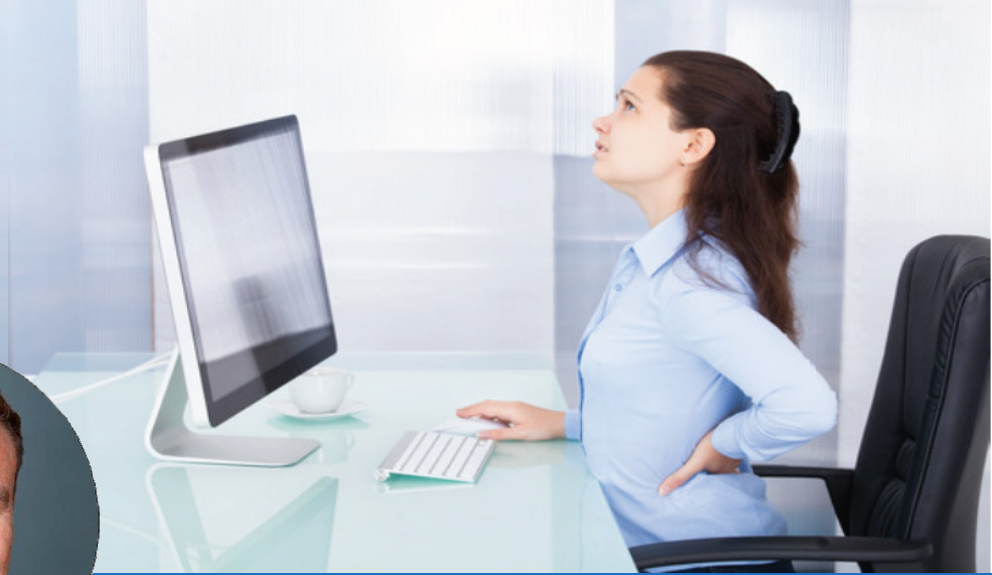


Andrew M Cash, MD
Desert Institute of Spine Care
Orthopedic Spine Surgeon
State of the Art
Non-Operative & Operative
Treatments of the Neck & Back



PREVENTING BACK PAIN

In the perfect world, no one's back would ever hurt. But that's just not the case! Over 80% of adults will suffer back pain in their lifetimes. Each day, approximately 2,750 Americans hurt their backs. It's more common than any other medical condition except the common cold. Back pain can be devastating—it hurts to move.

Despite how often Americans injure their backs, many of these injuries could be prevented.

Some tips to help protect your back—and avoid the pain:

- Don't bend at the waist to pick something up. Bend your knees, lower yourself to the object you are picking up.
- Don't lift with your back. Tighten your core (abdominal) muscles, squat and lift with your legs.
- Don't twist your back, especially while bending or lifting. Move and reposition your feet.
- Sit up straight. Keep both feet on the floor, try to ensure your knees are aligned with your hips. Lean back a bit and straighten your shoulders.



Andrew M Cash, MD is a board-certified and fellowship-trained orthopedic spine surgeon who began practice in Las Vegas in 2006. Dr. Cash is the founder and director of the Desert Institute of Spine Care and the Minimally Invasive Center of Excellence (MICOE). He studied under Dr. Robert Watkins, a world-renowned spine surgeon who operated on countless professional, collegiate and Olympic athletes. Prior to his Spine Fellowship, Dr. Cash completed a five-year orthopedic surgery residency at the Atlanta Medical Center and received his medical degree from the prestigious University of North Carolina at Chapel Hill.

- Don't sit for long stretches at a time. Get up every hour. Gently stretch your back. Walk around for a few minutes before you take your seat again.
- Choose a mattress to keep your spine as straight as possible when you sleep. Put a pillow under your knees to take the pressure off your lower back. Avoid sleeping on your stomach.
- Be careful reaching. Trying to stretch to reach something that's too high can put pressure on both sides of your spine. Don't reach—get a stool or stepladder instead.
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- Keep your bones strong! Weight-bearing exercises, getting enough calcium and Vitamin D in your diet and potentially from the right supplements are all important to maintaining healthy bones.
- Core strength (abdominal and torso muscles) is important to protecting and supporting your back. Work with a personal trainer, with the approval and supervision of your doctor, to build strong muscles in your "center"—abdominal and torso muscles.

When your back is hurting, don't wait for the pain to go away on its own. Make an appointment with Dr Andrew Cash at the Desert Institute of Spine Care (DISC). Dr Cash can examine your back, diagnose the source of your pain, and get you on the road to feeling your best again.