

ASK SUPER DOCTORS



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Q Can I get rid of my back pain without surgery?

A Many non-surgical methods prevent or greatly reduce chronic back pain, including injections, physical therapy, lifestyle changes, exercise, and psychological therapies. We believe in definitive pain management therapies that employ the most straightforward, up-to-date, efficient methods available. For example, we can design a minimally invasive treatment plan that may use the patient's own blood cells (called platelet-rich plasma therapy, or PRP) to promote healing and treat osteoarthritis, plantar fasciitis, an ACL injury, or other conditions. One of many innovative treatments available, PRP is truly organic and may be regenerative.

Q Are there home remedies for back pain?

A Yes. After you have a diagnostic workup to rule out more serious causes, potential remedies include sleeping on your side with a pillow between your knees, or sitting upright with relaxed shoulders and feet flat on the floor rather than hunching over your mobile device. Regularly exercising your core muscles is extremely important; they supply strength and flexibility while supporting your back. For mild pain, ice the area for 20 minutes several times a day to reduce inflammation; a few days later, switch to heat to relax the muscles and increase blood flow.

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