

OH, MY ACHING BACK!

Facts about treating spine pain in upstate New York

1

MOST EPISODES OF SPINE PAIN RESOLVE WITHIN 6 WEEKS WITH SELF-CARE

Try to:

Stay active.

Stand up straight!

Proper posture = a healthy back.

Avoid bed rest.

[Bed rest exceeding 48 hours is not beneficial.]**

Reduce stress. Stress = more pain.

Manage pain with heat.

OTC pain meds and light activity

3

37% OF SPINE PATIENTS HAD IMAGING SERVICES EVEN THOUGH THEY OFTEN DON'T HELP

Major medical specialty societies agree that the use of diagnostic imaging for acute cases of nonspecific back pain does not improve outcomes but does increase costs.***

2

ALMOST 1/2 OF SPINE PATIENTS RECEIVE A PRESCRIPTION DRUG WITHIN THE FIRST 6 WEEKS OF DIAGNOSIS AND MOST WERE PRESCRIBED AN OPIATE

Early opiate prescriptions are associated with longer disability, increased surgical rates, and a greater risk of later opioid use.**

4

SEE A DOCTOR ASAP IF YOUR BACK PAIN INCLUDES:

Fever.
Bladder control problems.
Numbness of your buttocks and legs.
Unrelenting night pain or pain at rest.
History of cancer, unexplained weight loss or significant trauma or injury.
History of bone condition.
Significant loss of mobility.

Talk to your doctor about what's best for you.
Visit ConsumerHealthChoices.org/Backpain
for more information about Choosing Wisely
from Consumer Reports.

univera
HEALTHCARE

Locally based.
Individually focused.™

**According to The North American Spine Society

***According to The American Academy of Physical Medicine and Rehabilitation

****According to The American Academy of Family Physicians, The American College of Physicians, The American Society of Anesthesiologists-Pain Medicine, and the American Association of Neurological Surgeons and Congress of Neurological Surgeons

Sources:

Univera Healthcare - The facts about spine care in upstate New York <http://univera.com/pain087>

<http://www.choosingwisely.org/patient-resources/imaging-tests-for-back-pain/>

<http://www.choosingwisely.org/patient-resources/meds-to-relieve-chronic-pain/>

<http://www.choosingwisely.org/clinician-lists/north-american-spine-society-bed-rest-for-more-than-48-hours/>

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Oh My Aching Back:

New York Magazine ,1987-03-16 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

The Real Sexy, Smart and Strong David Patchell-Evans,2009-08-25 My life s passion is to connect people all over the world with their success potential Patch s book confirms just how smart exercise is for your success and for keeping every part of your life in top condition A must read for everyone Jack Canfield Co creator of The Success Principles How to Get from Where You Are to Where You Want to Be Patch s passion for helping people live strong is palpable His approach is inspired and I for one admire his deep commitment to living a healthier life Harley Pasternak Author of the Five Factor Diet and personal trainer to Hollywood s hottest stars Being fit is more than skin deep In THE REAL SEXY SMART AND STRONG you will quickly learn how to experience high levels of vital energy become smarter and stronger and make the very best of your body You want to get started with something new and make positive changes in your life but where to begin David Patchell Evans is the master of inspiring and instructing real people how to enjoy the proven benefits of fitness and he can do the same for you Learn how to choose a gym how to navigate the early days of starting your exercise routine and what pitfalls to watch out for As you progress there will be many obstacles and hidden sources of discouragement Patch will show you how to overcome each and every one and how to stick with it for life There is more and more evidence proving that exercise is crucial to the total well being of your body mind and spirit But does that mean we all need to spend hours in the gym Absolutely not In The Real Sexy Smart and Strong health guru David Patchell Evans shows you a common sense approach that is both easy to follow and fun it s about enjoying yourself and enjoying your body Physical activity can be easy for everyone Backed by the most recent research in the field Patch focuses on your real commitment to health and well being so that you can discover how your attitude your thinking and your exercise can team up to enrich your life Gain confidence Be your own powerful definition of sexy smart and strong We ve all met that person who walks it talks it and makes the whole world believe it It isn t about the size of their hips or their bank account balance It comes from a deep sense of self which exudes through every pore in the body Sexy is an attitude not an aptitude The Real Sexy Smart and Strong will show you how to access your own innate sexiness and before you know you too will be inspired and filled with this magical power Crystal Andrus bestselling author of Simply Woman

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New York Magazine ,1986-03-10 New

York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Life Begins at Sixty**

Joan Frentz,2004-08 **VA Film Catalog** ,1983 *Catalog of Copyright Entries. Third Series* Library of Congress.

Copyright Office,1975 FDA Consumer ,1983 **Really Pregnant!** Kim Rinehart,2010-01-02 There is a lot of bellyaching that goes along with pregnancy This book is no different Really Pregnant Confessions of a New Mom To Be or Why I Couldn t Stop Eating Brownies is a book written by a former pregnant woman to other pregnant women Even though every pregnancy is different they all do have one thing in common They can sometimes be a pain However within that pain we can sometimes find commonalities that allow us to relate to each other We re all women about to have babies and that s a big deal in and of itself but that doesn t mean we have to take it too seriously Because really pregnancy can be kind of funny Really Pregnant Confessions of a New Mom To Be or Why I Couldn t Stop Eating Brownies is the pregnancy book to buy if you want a funny look at what really happens once you find yourself pregnant **Fitness For Dummies** Suzanne Schlosberg,Liz

Neporent,2010-12-07 The latest and greatest in getting fit and staying that way Fitness For Dummies 4th Edition provides the latest information and advice for properly shaping conditioning and strengthening your body to enhance overall fitness and health With the help of fitness professionals Suzanne Schlosberg and Liz Neporent you ll learn to set and achieve realistic fitness goals without expensive fitness club fees Achieve motivation and social support from social networking sites such as Twitter and Facebook Take advantage of digital resources such as e exercising programs video instructors digital training systems apps and more Gives you the latest tips and methods to test your own fitness level set realistic goals stick with your program and get great results Shows you how to spot where fat is sneaking into your diet Get the most out of high tech exercise machines and equipment plus tips for using dumbbells or a simple jump rope to achieve results Offers step by step instructions on creating a home gym on a budget Featuring all new informative fitness photos and illustrations this revised edition of Fitness For Dummies is all you need to get on track to a healthy new body **Foods That Fight Pain**

Neal Barnard, MD,2010-03-03 Did you know that ginger can prevent migraines and that coffee sometimes cures them Did you know that rice can calm your digestion that sugar can make you more sensitive to pain that evening primrose can ease the symptoms of arthritis Drawing on new and little known research from prestigious medical centers around the world Neal Barnard M D author of Eat Right Live Longer and Food for Life shows readers how they can soothe everyday ailments and cure chronic pain by using common foods traditional supplements and herbs Dr Barnard reveals which foods regularly contribute to pain and how to avoid them He guides the reader to specific pain safe foods that are high in nutrition but don t upset the body s natural balance as well as foods that actively soothe pain by improving blood circulation relieving

inflammation and balancing hormones Complete with delicious recipes Foods That Fight Pain is a revolutionary approach to healing that will transform your life *Fascia: The Tensional Network of the Human Body - E-Book* Robert Schleip, Carla Stecco, Mark Driscoll, Peter Huijing, 2021-12-08 The role of the fascia in musculoskeletal conditions and as a body wide communication system is now well established Fascia The Tensional Network of the Human Body constitutes the most comprehensive foundational textbook available that also provides the latest research theory and science around fascia and their function This book is unique in offering consensus from scientists and clinicians from across the world and brings together the work of the group behind the international Fascia Research Congress It is ideal for advanced sports physiotherapists physical therapists musculoskeletal orthopaedic medicine practitioners as well as all professionals with an interest in fascia and human movement The comprehensive contents lay the foundations of understanding about fascia covering current scientific understanding of physiology and anatomy fascial related disorders and associated therapies and recently developed research techniques Full colour illustrations clearly show fascia in context New content based on latest research evidence Critical evaluation of fascia oriented therapies by internationally trusted experts Chapter outlines key points and summary features to aid navigation Accompanying e book version include instructional videos created by clinicians *Risk Game* Francis J. Greenburger, 2016-09-06 Prior to the real estate boom of the 1980s Francis J Greenburger risked it all to buy three older loft buildings at 50 West Street near the current 9 11 Memorial He ultimately dreamed of one day erecting a magnificent skyscraper in their place But disaster struck in 2008 just as his plans were coming together and development came to a screeching halt The global financial crisis had made the land practically worthless and it would be years before he could get back on track but he refused to give up on his dream Today 50 West is a striking 780 foot skyscraper with curved glass windows that has become an iconic feature on the city skyline but it took much more than a financial investment to get there It required Greenburger to do what he does best take huge risks at every turn During his parallel careers Francis J Greenburger has made publishing and real estate history Whether risking the reputation of his agency for the super star authors of tomorrow such as James Patterson to Dan Brown or pioneering the New York co op market by taking hopeless properties and turning them into prized homes he has successfully navigated the worlds of business politics and social change to become the quintessential American entrepreneur A math and business prodigy who started working for his father at the age of 12 After a stop and start academic career he voluntarily left one of the most elite and academically distinguished New York City high schools and started his adult life at 15 Greenburger has made it his life s work to find value where others never thought to look and his keen instincts and innovative strategies have taken him from a high school dropout to a well educated self made billionaire Francis has mastered the risk game Now with Rebecca Paley s gripping prose he takes us behind the scenes in Risk Game and reveals firsthand how he has become a self made force in the competitive world of New York real estate and a champion for nonprofit organizations in the fields of art education and most

recently social and criminal justice **Official Gazette of the United States Patent and Trademark Office** ,2001

Treat Yourself to Pain Free Living Julie Donnelly,2007-11 Wouldn't you like to get up each day with a flexible body that is ready to go out and enjoy life The normal aging process does not have to hurt This book gives you fast and easy techniques you can do yourself so your joints will move freely and without pain A healthy drug free way to revitalize your muscles and eliminate joint pain you'll refer to this book again and again *In Ethan We Trust* Cheemo Miakoka,2009-07-01 Visit the author's website at www.miakoka.com for a picture slideshow preview reviews and author contact info BOOK TRAILER Five well meaning handymen One fearless leader with a big heart in charge of customer diplomacy and damage control What a way to run a business And if the odd jobs weren't hard enough already dogs in heat dive bombing crows ghost driven motorboats ultra picky customers mysterious break ins and ambushes by women who want the man in handyman all add to the mayhem Just a day in the life of the affable loveable and fallible Ethan Fontaine and his Odd Job Gang A truly original novel based on real people and events with compelling characters and just the right mix of humor danger intrigue tragedy romance and heroics For a preview of the first several chapters see [Preview This Book](#) to the left [Headache and Chronic Pain Syndromes](#) Dawn A. Marcus,2007-11-07 Headache and Chronic Pain Syndromes provides a case based approach to state of the art evaluation and treatment of patients with common chronically painful conditions Offering strategies for rapidly evaluating and treating pain complaints by body region this innovative title also provides patient educational handouts that explain the diagnosis and treatment in easy to understand language for each condition Tools for implementing both medication and non medication therapies such as exercises and relaxation techniques are also included Each chapter opens with typical presentations of three to five common patient scenarios including pediatric adult and geriatric patients A targeted approach for patient assessment is provided and applied to each scenario showing how to rapidly identify important clues to distinguish among common diagnoses including both benign and malignant causes of pain Standard treatment regimens are then provided for each patient along with patient friendly educational flyers for each common pain condition Figures and drawings help provide ready identification of these common chronic pain syndromes Headache and Chronic Pain Syndromes offers primary care practitioners neurologists and orthopedists an optimal approach to the evaluation treatment and follow up of chronically painful conditions *LIFE* ,1961-06-23 LIFE Magazine is the treasured photographic magazine that chronicled the 20th Century It now lives on at LIFE.com the largest most amazing collection of professional photography on the internet Users can browse search and view photos of today's people and events They have free access to share print and post images for personal use [New York Magazine](#) ,1986-03-24 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while

celebrating New York as both a place and an idea **What the Children Said** Jeanne Pitre Soileau, 2021-08-23 Winner of the 2022 Opie Prize Jeanne Pitre Soileau vividly presents children's voices in *What the Children Said* Child Lore of South Louisiana Including over six hundred handclaps chants jokes jump rope rhymes cheers taunts and teases this book takes the reader through a fifty year history of child speech as it has influenced children's lives *What the Children Said* affirms that children's play in south Louisiana is acquired along a network of summer camps schoolyards church gatherings and sleepovers with friends When children travel they obtain new games and rhymes and bring them home The volume also reveals in the words of the children themselves how young people deal with racism and sexism The children argue and outshout one another policing their own conversations stating their own prejudices and vying with one another for dominion The first transcript in the book tracks a conversation among three related boys and shows that racism is part of the family interchange Among second grade boys and girls at a Catholic school another transcript presents numerous examples in which boys use insults to dominate a conversation with girls and girls use giggles and sly comebacks to counter this aggression Though collected in the areas of New Orleans Baton Rouge and Lafayette Louisiana this volume shows how south Louisiana child lore is connected to other English speaking places England Scotland Ireland Australia and New Zealand as well as the rest of the United States

Oh My Aching Back: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Oh My Aching Back : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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