

Pulled Back Muscle Treatment

If back muscle strains haven't resolved after a few days, there are several...

CONDITIONS

[Sciatica Treatment](#)

CONDITIONS

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TREATMENT

[Muscle Relaxants](#)

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SPINAL ANATOMY AND BACK PAIN

The complex anatomy of the spine can make it prone injury and pain.

HOW TO START AN EXERCISE BALL PROGRAM

ANTERIOR LUMBAR INTERBODY FUSION (ALIF) SURGERY

The anterior lumbar interbody fusion (ALIF) is similar to the posterior lum...

SCIATICA SURGERY

If sciatica pain is severe and has not gotten better within six to twelve w...

FEATURED VIDEOS

LOWER BACK STRAIN

LUMBAR HERNIATED DISC

SCIATICA EXERCISES FOR DEGENERATIVE DISC DISEASE

CERVICAL SPINAL STENOSIS

PAIN MONTH

September is Pain Awareness Month



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[Spinal Cord and Spinal Nerve Roots](#)



[Spinal Discs](#)

advertisement

Lower back strain is caused by damage to the muscles and ligaments of the b...

Learn how a lumbar disc herniates and can cause lower back pain

Demonstration of exercises for sciatica from DDD

Understand cervical stenosis causes and treatments

LATEST

September is Pain Awareness Month

September is the international month dedicated to awareness of pain conditions and improvement of resources for people living with chronic pain. Look for updates each week on how Spine-health is supporting pain awareness and providing resources for people in pain.

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Watch Your Back—and Enjoy the Summer

Get the most out of the summer months with these 6 back pain tips.

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3 Myths About Kids and Backpacks

When it comes to children and backpacks there's a lot of misinformation out there. Learn about 3 common myths and how to help your children wear their backpacks safely.

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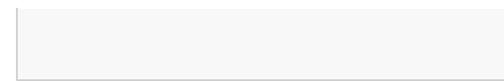
Physician/Surgeon (MD or DO)

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Electrotherapy: The Lower Back Pain Treatment You've Never Heard Of

Learn about the benefits of electrotherapy for treating your lower back pain.

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A Simple Guide to Sleeping with Lower Back Pain

Learn how small changes can make a big difference when it comes to sleeping with lower back pain.

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3 Techniques for Coping with Chronic Sciatica

Not all relief from chronic sciatica requires a prescription.

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