

5 SECRETS TO AVOID BACK SURGERY

Have you had back pain or sciatica in the last 30 days?

Did you have x-rays or MRIs that showed a herniated disc stenosis or arthritis?

Were you told by a surgeon, “You might not be able to walk in a year, if you don’t have surgery?” or “This is the worse X-ray I have ever seen!”

If this sounds like you, then I’m sharing with you the 5 secrets that we have found in our research of back pain and sciatica sufferers who heal naturally and avoid surgery...

1. THEY DON’T LIKE TAKING MEDICATIONS.

- Medications alter the body.
- In the end, medications don’t correct the problem. They simply change how we sense it.
- For example, if you have a stone in your shoe which can cause pain, inflammation or even an infection, you could take Advil, Aleve or an antibiotic... which, in turn, could cause other problems, which you might end up taking medications for as well.
- In the end, you still have a stone in your shoe, and the cause of pain and inflammation.
- The general story of back pain and sciatica sufferers who resort to surgery is this:
 - Number 1: **Medications.**
 - Number 2: **Injections.**
 - Number 3: **Surgery.**
- **Medications are the gateway to surgery.**
- People who avoid surgery first realize this and then aim to get off medications ASAP.

2. THEY REALIZE THE SHORTFALLS OF X-RAYS AND MRIs.

- X-rays and MRIs are used to help see what is causing pain, numbness or tingling.
- They are limited though.
- If you are 50 years of age or older and American what is the likelihood of stenosis, arthritis, or degenerative disc disease showing up on your x-ray or MRI? It is 95%.
- Now 95% of Americans over the age of 50 do not have back pain or tingling.
- They are limited though.
- **So what’s the story?**
 - Well, x-rays and MRIs are a picture of what is going on in the back... usually taken while we are laying down on our back.
 - When does your back pain or sciatica bother you the most?
 - When you are standing, walking, sitting, driving – not lying on your back like the MRI or x-ray, right?
 - It would be great if we could do MRIs and x-rays in the position people are in when they have pain, but **we can’t.**
- **Most people have a problem on an MRI or x-ray even if they don’t have pain.**
- People who avoid surgery and heal naturally realize the limitations of x-rays and MRIs and they don’t rush into surgery based on what their x-ray or MRI shows.
- **There is NO big red arrow that says THIS is causing your pain.**

3. **THEY FIND THE BEST SPECIALIST FOR HEALING WITHOUT MEDICATIONS, INJECTIONS OR SURGERY.**

- Quick confession, I'm a physical therapist.
- Second part of confession, having worked for local surgeons in the past, I have seen how the system works.
- I want to give you a glimpse here.
- A good friend and surgeon and I were talking about physical therapy and surgery. I was stressing the importance of physical therapy after surgery to help people recover best and showing new research how people were actually getting better without surgery. His response was, "Look, I'm a surgeon, and surgeons think like this: If I have a hammer, then everyone has a nail."
- Surgeons know surgery (it is highly specialized).
- **That knowledge does not include the best ways and treatments to avoid surgery.**
- Certainly some people need surgery, but people who avoid surgery recognize this. There are those who have more knowledge and better knowledge on how to avoid surgery.
- Here at Minnesota Sport and Spine, our back pain and sciatica specialists have a track record of helping even the toughest cases.
- People who avoid surgery seek out the best experts in non-surgical care.

4. **THEY TAKE CARE OF THEIR BODY.**

- People who avoid surgery make the time to take care of their body. It is a top priority.
- Work, housework, business, yard work, family activities and even television can make us busy. It is up to us to take care of the most important things.
- Most people rate their own health as a top priority, yet as a country, we have more sickness, obesity and chronic illness than ever before... and more television and smart phone usage (thank you, Facebook).
- ***People who avoid surgery, focus on their health and do these 4 things:***
 - **Number 1:** They **get plenty of rest** (at least 7 ½ hours a day).
 - **Number 2:** They **minimize stress**.
 - **Number 3:** They **eat healthy**.
 - **Number 4:** They **get regular exercise** (and avoid long periods of sitting).

5. **THEY DON'T WAIT**

- People who avoid surgery search for answers. If several surgeons tell them that they need surgery, they keep looking for answers.
- They read. They watch videos. They find other who have avoided surgery and do what they did.
- They don't wait and blindly listen to the surgeon like the rest of the world, like blind cattle.
- They act now.
- Ever have a rock in your shoe? It hurts doesn't it?
- What do you do when that happens?
- Well you have 3 choices –

- Number 1. You can ignore it – But that rock isn't going anywhere. You can make excuses – It's the weather. It's just old age. It's not that bad. But the pain is still there.
- Number 2. You can take a handful of meds and try to modify and block it out. – But when they wear off, that rock is still there.
- Number 3. You can handle the problem, stop, take the rock out of your shoe, and go back to living your life.
- **It is not until you decided you want to HANDLE the cause of your pain does it truly stop.**
- **Don't wait.**

If back pain is affecting your daily life, you are not alone. A University of North Carolina study found that more than **80%** of Americans will experience an episode of low back pain at some time in their lives. Research has also demonstrated that Physical Therapy first for low back significantly reduces the cost of care.

Interested in starting your road to recovery and back to doing the things you love to do without pain?

Call us today! 952 892 6777