

Newsletter

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www.desertspineandsports.com



DSSP | dedicated to the diagnosis and non-surgical treatment of spine, sports, and musculoskeletal pain and injury.

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Spine & Sports Research

DSSP holds a monthly journal club to review the latest research in spine and musculoskeletal care. If you would like to attend, please email us at info@desertspineandsports.com.

Does Physical Activity Influence the Relationship between Low Back Pain and Obesity?

by Smuck et al in *Spine Journal*, Feb 2014.

This study found that smoking was the strongest predictor of LBP across the BMI spectrum. There was a reduction in LBP risk of 32% in the overweight population (BMI 26-30) who participated in 17.6 minutes/day of moderate activity. Also, the morbidly obese population reduced their low back pain risk by 38% with increasing moderate physical activity from 1.3 minutes to 2.1 minutes/day.



TAKE HOME POINT: The average overweight patient who quits smoking and engages in moderate activity of about 17.6 minutes per day can decrease their risk for low back pain.

TOP DOCS

Physical Medicine and Rehabilitation and Pain Management



From 2007-2014

We Perform

- ▶ Comprehensive Musculoskeletal Evaluations
- ▶ Spine Injections Under Fluoroscopy
- ▶ Joint, Tendon and Bursa Injections
- ▶ Ultrasound-Guided Injections and PRP Therapy
- ▶ Electrodiagnostic Testing
- ▶ Individualized Physical Therapy Planning

We Treat

- ▶ Back and Neck Pain
- ▶ Herniated Discs
- ▶ Sciatica/Radiculopathy
- ▶ Spinal Stenosis
- ▶ Compression Fractures
- ▶ Sports Injuries
- ▶ Musculoskeletal Pain
- ▶ Osteoarthritis
- ▶ Tendonitis/Bursitis

Desert Spine & Sports Physicians | Phoenix & Mesa

Both locations now offer the full spectrum of non-surgical pain treatments including on-site physical therapy and procedure suites for fluoroscopically-guided spine and joint procedures.

Desert Spine and Sports Physicians is dedicated to the diagnosis and non-surgical treatment of spine, sports, and musculoskeletal pain and injury. As board-certified specialists in Physical Medicine and Rehabilitation (PM&R) with additional board-certification in Pain Management, we specialize not only in relieving pain but also in maximizing function. We are dedicated to improving the quality of lives of all patients across the lifespan with comprehensive, compassionate, and innovative medical care.

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