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Contact: London Mainor  
Phone: 912-898-7714  
Email: mainorl@spinesport.org

**SURGERY CAN BE AVOIDED BY USING  
PHYSICAL THERAPY FOR SPINE PAIN.**

(SAVANNAH, GA) – In National News from CBS reported by Katie Couric, a story on back pain. The report focused on the outcomes of back surgery and concluded that it is not necessarily the best option for back pain. One way in which back surgery can be avoided is through physical therapy and strengthening the back muscles to eliminate pain. The use of Physical Therapy can reduce the risk that is associated with surgery, eliminate recovery time and hospitalization and has been shown to decrease the recurrence of back pain.

In the CBS Story, Dr. Weinstein, of Dartmouth Hitchcock Medical Center, launched a major study of over 1200 patients with back pain. He stated, sometimes people are too quick with surgery. “I think that it is important for people to have good information,” he adds.<sup>1</sup>

In response to the article, Physical Therapist, Dr. Jacques L. Beauchamp, CEO of Spine & Sport states, “There is an ever-increasing volume of research that points to the effectiveness of Physical Therapy for low back pain.” In addition to the advanced training of the doctors of physical therapy at Spine & Sport, Spine & Sport is the only physical therapy clinic in Savannah to offer the MedX technology. MedX is a patented and scientifically based technology that has been research proven to reduce low back pain with *permanent* results. This method of training targets the exact muscles that provide

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<sup>1</sup> “Is Surgery the Best Way to Stop Back Pain?” CBS, November 21<sup>st</sup> 2006.  
<http://www.cbsnews.com/stories/2006/11/21/eveningnews/main2204297.shtml>

your spine with support. Research proves that the stronger your spinal muscles, the less spinal pain you will have.

“In Prevention’s National Center for Health Statistics, it was found that around a quarter of adults experienced back pain in the last three months.”<sup>2</sup> With the incidence and recurrence rate of back pain being so high, physical therapy offers a good alternative to surgery. With the option of physical therapy, many have been helped and will not need to ever go “under the knife” for pain relief nor will have a recurrence of back pain. “I have had back pain off and on for years but no one even suggested physical therapy. When this was recently suggested by my doctor I was anxious to try. ... Most of all I want to thank them (Spine & Sport) for my huge improvement in back strength.....” says Spine & Sport patient, Patricia Stephens.

For more information about Physical Therapy, feel free to call or go to Spine & Sport’s website for treatments and more testimonials at: [www.spinesport.org](http://www.spinesport.org)

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<sup>2</sup> Schaffhausen, Joanna. “My Aching Feet, My Aching Back.”ABC News. November 15 2006. <http://abcnews.go.com/Health/story?id=2656335&page=1>