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Laser Spine Institute Helps Professionals Take Back Their Lives from Debilitating Back Pain

Easy tips from spinal experts helps professionals get back to work

TAMPA, FLA. – With 4.2 million administrative professionals logging long hours at their desks, it's not surprising insurance companies dish out \$50 billion a year to Americans suffering from back pain.* This Administrative Professionals Day, observed April 22, the **Laser Spine Institute** is helping administrative support professionals find relief. Simple changes in daily activities can often alleviate pain without the need for surgery. LSI Director of Physical Therapy, Irene Rademeyer PT.OCS., identifies common mistakes in the workplace that lead to increased back pain and offers ways to get back to work pain free. With facilities in Tampa and Scottsdale, **LSI** offers a minimally invasive surgical approach with an incision measuring less than one inch for more serious issues and a five-day process from surgery to recovery, drastically reducing the time it takes for professionals to be pain-free and back in the office.

Common Mistakes

- Sitting at a desk longer than 30 minutes without moving
- Poor sitting and working postures
- Incorrect ergonomics for the computer, desk and the person working there
- Sustaining the same position constantly while working
- Using medication for relief of back and neck pain while at work

Easy Solutions

- Alternate sitting at a desk to working at a standing station and taking frequent walks
- Improve work posture by using a partially inflated beach ball (5 – 10%), behind back and a mobile footrest under feet
- Correct the ergonomics of a workstation and have the computer at eye level with the chair at the appropriate level for the person's height
- Do chair exercises, such as neck and shoulder exercises, pelvic rocking, abdominal bracing and spinal lengthening
- "Listen to your body" by moving before developing muscle tension and joint stiffness

Tampa-based lawyer Michael Brudney, suffered from severe back-pain that affected his concentration and productivity throughout the workday. After making a few simple changes such as using a second desk with adjustable height and walking or standing while using a headset when on the phone, he has seen marked improvement. "The biggest change I have made is reducing my spinal pain down to almost nothing. By changing the way I worked throughout the day and standing most of the time, I'm keeping my body in shape, I'm less tired and I can truly enjoy my work once again."

At LSI, patients receive all of their spinal health care needs in one location. From pre-operative imaging and diagnostic testing, to endoscopic laser surgery and post-operative physical therapy, patients receive the highest quality care combined with the most advanced treatments. In today's fast paced world, back pain sufferers don't have time for a six-week recovery from traditional back surgery.

Potential candidates with back and neck pain can visit www.laserspineinstitute.com or call toll free 1-866-853-6191 for more information on outpatient, minimally invasive spine surgery and upcoming seminars in cities across the United States.

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*According to the Bureau of Labor Statistics Web site.

About Laser Spine Institute: Laser Spine Institute offers a successful alternative to traditional open back and neck surgeries. The orthopedic surgeons at LSI can correct painful ailments with endoscopic outpatient procedures. Chronic pain that stems from pinched nerves, herniated discs, bulging discs, degenerative disc disease, spinal stenosis, foraminal stenosis, spinal arthritis, bone spurs, scar tissue and failed open back or neck surgery can be alleviated with Laser Spine Institute's minimally invasive approach.