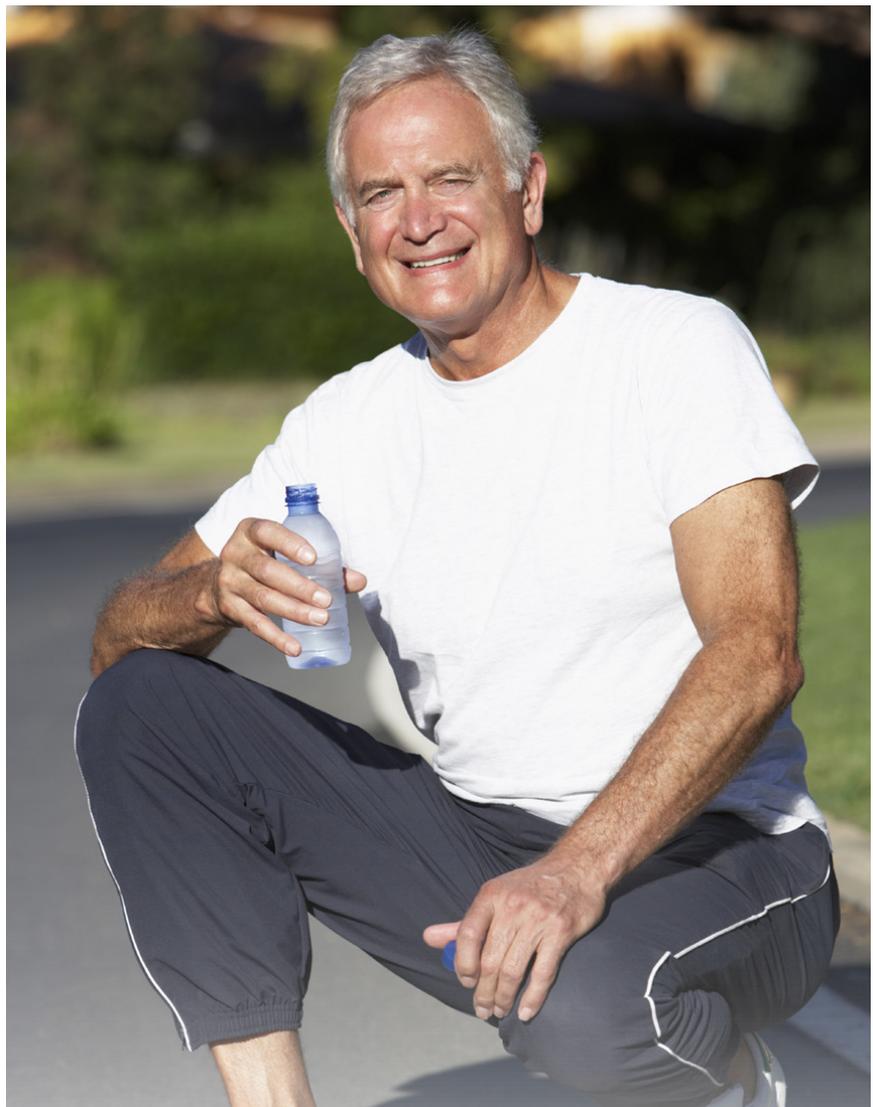


# Health & Fitness

*The Newsletter About Your Health And Caring For Your Body*

## You Can Relieve Your Back Pain By Fixing Your Hips!

Are you like many people, with an aching back at the end of the day or worried about lifting an object due to your back going out? You are not alone, over 80% of the population will suffer back pain at one time or another in their life according to CDC data. It is the price we pay for walking upright on two legs. However, the majority of back pain is non-specific, meaning that there is not a primary cause, such as a fracture or disc protrusion.



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## Are Your Hips Killing Your Back?

### How tight hip ligaments can cause low back pain

Your hip joints have to travel through a very large range of motion. There are thick Y shaped ligaments that surround the hip joints called the iliofemoral ligaments, which provide support. However, with prolonged sitting over weeks, months or years, these ligaments shrink, reducing the natural movement of the hip joints.

Whenever you walk, instead of your hips moving naturally, the ligaments yank and pull on the pelvis, which is attached to your spine. This causes inflammation, strain and pain to the back muscles. Furthermore, the loss of hip motion can even cause your pelvis to tilt, altering the posture of your spine and increasing strain. By improving hip mobility, back pain can typically be relieved quite quickly.

When you suffer from back pain, make sure that you have an expert look at your movement. Even though your back may ache, it may not be the source of your problem.

**Call us today to discover how our medical professionals can pinpoint the cause of your pain, relieve it quickly and teach you how to maintain a healthy spine.**

## No Doctor Referral Necessary

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a doctor referral is not needed. In the state of New Jersey you have direct access to chiropractic care and physical therapy!

Save time



Improve  
your health  
naturally



Save money

As medical professionals, we know that a high percentage of people suffering with back pain actually have 3 common problems or a combination of them all:

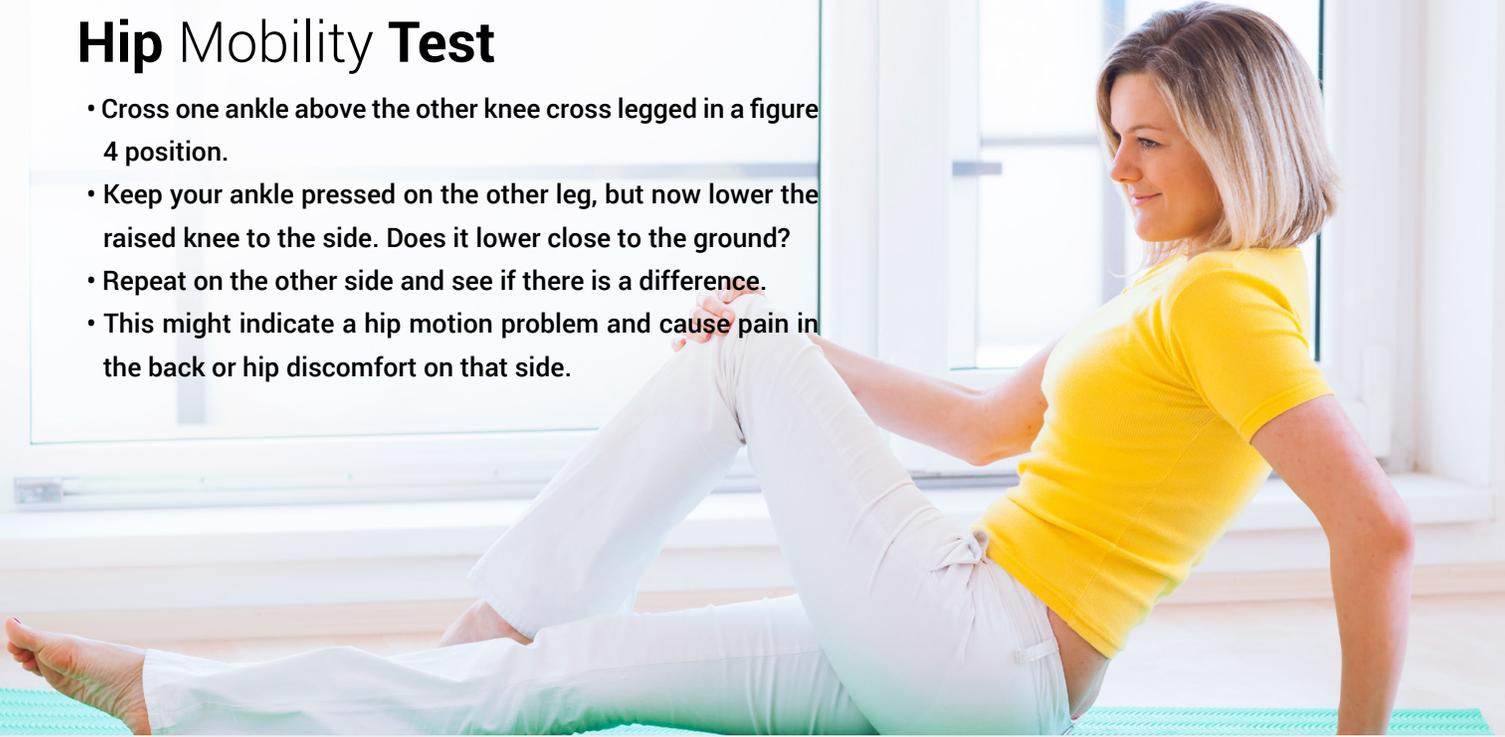
- Poor posture
- Weak core and gluteus muscles
- Poor hip flexibility

# How Healthy Are Your Hips?

*Try these simple tests to see if your hips are causing your back pain*

## Hip Mobility Test

- Cross one ankle above the other knee cross legged in a figure 4 position.
- Keep your ankle pressed on the other leg, but now lower the raised knee to the side. Does it lower close to the ground?
- Repeat on the other side and see if there is a difference.
- This might indicate a hip motion problem and cause pain in the back or hip discomfort on that side.



## Hip Squatting Test

- Keep your knees parallel facing forward.
- Squat down as far as you can keeping your feet and heels flat on the floor.
- If you feel a lot of pressure in your knees or calf muscles, you could have a hip movement problem.
- Try again in front of a mirror. Does your body want to go to one side? This can indicate a hip motion problem on one side.

You can easily check your hip motion by doing the above tests. If you discover your hip motion is limited, you feel pain or strong discomfort, it's time to get your hips checked by our medical professionals.



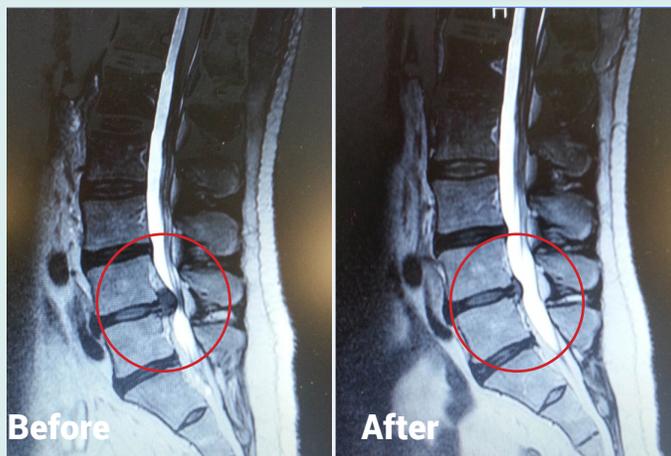
## Would You Like To Experience Vax-D SPINAL DECOMPRESSION?

**It Helps Your Back Pain Feel Better Right Away, So You Can Enjoy The More Important Things In Life.**

Spinal decompression is a non-invasive treatment that has been clinically proven to alleviate chronic and severe back pain usually caused from a disc bulge, disc herniation, sciatica, or spinal stenosis. Being in pain can restrict you from living your life. Call today to ask how spinal decompression can help you!



# Patient Results



## Forever grateful!

"I developed a severely herniated disc which made daily activities unbearable. I underwent epidural injections without relief. I did not want to undergo back surgery so I consulted with Northeast. The treatment program instituted by Northeast Spine and Sports Medicine provided much needed relief and, most importantly, without the need for surgery. I will be forever grateful to Doctors Kirk, Sha and Hubert and their staff for their care which had allowed me to resume my daily routine pain-free. The doctors and staff at Northeast Spine and Sports Medicine are competent, courteous and caring. Their level of concern for my well-being was obvious from the first visit and continued throughout my course of treatment. I was fortunate to have found Northeast Spine and Sports Medicine and would give this group my highest recommendation."

Vincent D.

## Consult The Hip Surgery Expert



Faisal Mahmood, MD  
Orthopedic Surgery

Dr. Faisal Mahmood, a two-time New Jersey Monthly Top Doctor, provides specialized care for patients with neck and back conditions in addition to injuries and arthritis of the shoulder, knee and hip. He works with patients to understand their individual needs and goals, and sees them through surgical and nonsurgical options to help them reach their expectations. "Every patient is unique and, as such, is treated on a case-by-case basis," he says.

Dr. Mahmood performs minimally invasive, motion-sparing and same-day spine surgery in addition to shoulder, knee and hip arthroscopies and minimally invasive joint replacements. "I pride myself on being able to relate to patients on an individual basis, and spending the time they deserve so that they can better understand their particular medical issues," he says. "Through a team approach we can collectively work together to formulate a game plan to help address their ailment."

In addition to earning the trust and respect of his patients, Dr. Mahmood's greatest reward is experiencing the joy of a patient who is pain-free. He is actively involved in community services and outreach programs and also provides his resources to the underserved community at St. Joseph's Orthopedics Clinic.



Please Write a Review on Google, Twitter, Facebook, LinkedIn or Yelp

We gladly accept most insurances!

[www.northeastspineandsports.com](http://www.northeastspineandsports.com)

## Attention Back Pain Sufferers

- ✓ Do you have back or neck pain when moving or standing for long periods of time?
- ✓ Do you have pain after standing or sitting for a while?
- ✓ Do you have trouble sleeping at night because of pain?

If you have answered "Yes" to any of these questions, we can help.

**Call Today For A Pain Consultation**

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Share Your Story on    

Offer valid for the first 25 people to schedule. Expires 5-29-17.



## Getting Fit Can Be Fun

### Bored with the same old, same old at your health club?

Joining a gym can be a fantastic way to get fit, but it's not the only way. You can enjoy a variety of workouts at home or outside that will give you the same great results and put a smile on your face at the same time!

### TRY OUT THESE IDEAS:

- Plan a short trip to a beautiful place where you'll be motivated to be more active than usual
- Make your own boot camp
- Run in the park
- Ride a bike
- Join a yoga class
- Play with kids or grand kids

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## Surprise Mom With Easy Pinwheel Sandwiches

Hey Dads, this recipe is easy for kids to help with. Let them have fun and show their love for mom!

### Ingredients

- 5 10" flour tortillas
- 8 ounces of cream cheese
- 4 Tablespoons of chopped green onions
- 2 cloves of garlic, finely minced
- 1 Tablespoon of fresh parsley, chopped
- Pinch of Sea salt, to taste
- 10 slices of deli ham
- 10 slices of deli turkey
- Lettuce

### Instructions

For Cream Cheese Spread:

Cut the cream cheese into cubes and put it into a bowl. Add the green onions, minced garlic, parsley and sea salt. Blend for about 3 minutes, or until entire mixture is combined and blended.

Spoon mixture into a sealed container and refrigerate for an hour. It will keep in the refrigerator for up to 2 weeks in a tightly sealed container.

### When ready to serve:

Lay flour tortillas on a flat surface. Spread the cream cheese mixture across the entire flour tortilla. Layer the deli meats on top of each other completely covering the flour tortilla. Layer the lettuce on top – use enough lettuce to completely cover the deli meat. Roll up each flour tortilla.

Use toothpicks to secure the tortilla.

Depending on how thick you want them,

will determine how many toothpicks you use. If you are able to slice 10 per tortilla you will wind up with 50 pinwheels at the end.



# Everyday Exercise Essentials You Can Do To Keep You Moving!

Try these simple exercises to maintain a healthy body...

## Stretches Hips

### HIP FLEXION - BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Hold for 30 seconds. Return to the start position with control. Alternate legs and repeat 6 times.



## Strengthens Hips

### WALL SQUAT

Strengthen your quadricep muscles by standing with back against the wall. Perform a squatting motion, sliding down the wall. Hold for 10 seconds. Rise up, straightening at the hip. Repeat 6 times.



Share this with a friend or family member to help keep them healthy too!

At NorthEast Spine and Sports Medicine We Are The Mechanics Of Your Body!

*Think NorthEast First!*

Why You Need To Come Back In For A Tune-Up

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

Minor aches and pains are warning signals from your body to let you know something is not working properly. Don't put off the pain until it's too late. Come in today for a "Tune-Up."

Take Care of Your Aches and Pains Before It's Too Late.

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