

Is back pain keeping you off the golf course this year?

# GET BACK TO GOLF

Is back pain, or the fear of back pain, keeping you away from golf? If so, Northwest Florida Spine can help.

Here are some tips to get you back on course. This includes golf stretches that make the back stronger, more flexible and resistant to future strain. A correct golf swing should not create a back problem. We recommend connecting with a PGA-certified golf pro to learn the correct swing mechanics to lessen the strain on your back. Request our free Home Remedy Book at [NorthwestFloridaSpine.com](http://NorthwestFloridaSpine.com).



## Nix the "Reverse C"

Back in the 1970s the fashionable swing of young Johnny Miller featured the spine bent backward in the follow through, resembling a backward C. Today, the modern golf swing is much easier on the back, and positions the back in a more straight-up position as the body rotates on a straight left leg. Ironically, as Johnny Miller aged, he too changed his swing to a more rotational swing that has a finish that's easier on his back.



## Slow play? Perfect time for these golf stretches

SLOW PLAYERS UP AHEAD? Perfect! Next time you have to wait, Panama City Spine recommends these standing spine exercises to stay flexible and loose on the course.



**STANDING ROTATION**  
 Above: Put a golf club across your back and rotate your trunk in both directions.



**STANDING PIRIFORMIS**  
 Right: Lean against a tree for support. Then raise your knee up, and across your body. Hold for 5 seconds and repeat with other leg.

**STANDING EXTENSION**  
 Right: Extension is a core exercise for many back problems, provided you haven't been diagnosed with stenosis. Hands on hips, lean backward hold for 5 seconds. Repeat 10 times slowly.



**STANDING FLEXION**  
 Right: Bend at the waist, keeping legs straight and try to touch your toes. Hold for 5 seconds, and then return to standing position. You can alternate this with extension stretches.



**STANDING STRETCH**  
 Above: With hands outstretched above your head, lean first to the right, hold for 3 seconds, then stretch to the left. Repeat several times.

## Artificial Disc Replacement

Dr. Michael Rohan Jr. is now able to provide the latest motion-preservation device for those patients who need surgery to repair herniated discs in the neck. In 2015, Dr. Rohan began using the latest advance in artificial discs for the cervical (neck) area: Mobi-C® artificial disc. Mobi-C® is the first and only cervical disc replacement device to receive FDA approval to treat both one-level and two-level cervical disc disease. Like all artificial discs, the advantages of the Mobi-C® device over fusion is that the neck maintains normal motion and reduces the stress placed on the other discs in the neck. During Dr. Rohan's fellowship at the world-renowned Texas Back Institute he was trained in the latest innovations in artificial disc replacement. Interested patients can learn more about new artificial disc replacement options at NorthwestFloridaSpine.com.



©2014 LDR Spine USA, Inc. All rights reserved.

# WHEN YOU CAN'T USE WATCHFUL WAITING FOR BACK & NECK PAIN SYMPTOMS

## UNDERSTANDING YOUR BACK OR NECK SYMPTOMS:

### WHEN YOU CAN USE WATCHFUL WAITING & WHEN YOU CANNOT

NOTE: A person may use "watchful waiting" for a few days for symptoms of muscle strain or even radiating pain into an arm or leg.

**+** However, ANY WEAKNESS OR NUMBNESS in an arm or leg, or loss of control of bowel or bladder, are emergency symptoms. You need to see a spine specialist promptly (as noted below) to prevent the symptoms from becoming permanent.

#### **PAIN LIMITED TO THE NECK:**

Neck pain can be caused by traumatic injury, like whiplash from a car accident, or muscle or ligament strain. See our Home Remedies section on our Internet site. If pain persists beyond a week, you should see a spine specialist to determine the underlying cause.

#### **+** LOSS OF BOWEL OR BLADDER CONTROL:

This is a SERIOUS emergency symptom (cauda equina) that needs to be treated immediately by a spine surgeon within 24 hours. If you experience these symptoms at night or on the weekend, go to the emergency room. If not treated quickly, the person may lose control over their bowel and bladder permanently.

**RADIATING PAIN INTO THE LEG:** Pain that radiates into a leg below the knee can imply a herniated disc in the low back. But many times radiating pain can be treated non-surgically. Radiating pain should be seen by a spine specialist within 2 weeks.

**+** NUMBNESS OR WEAKNESS IN LEG OR FOOT: Numbness or weakness in the leg or foot is a SERIOUS disc-related symptom that is NOT appropriate for watchful waiting. Left untreated, the symptom can become permanent. You should see a spine specialist within 3 days.

#### **+** TRAUMA / FALL/ACCIDENT:

Any time you fall, are in a car accident, or could have fractured a bone in your back, you should see a spine specialist immediately!

#### **+** FOOT DROP / WEAKNESS IN FOOT:

If pain, weakness or numbness extends into the foot so that you are unable to lift your toe as you walk, that is called Foot Drop, which is an emergency disc-related symptom. You need a spine specialist within 48 hours. If not treated promptly, it could lead to permanent weakness in the foot.

#### **+** FEVER, DROWSINESS, SEVERE HEADACHE, NAUSEA, VOMITING, UNUSUAL SENSITIVITY TO LIGHT?

Other symptoms may be unrelated to a back or neck problem, like cervical meningitis. This can be serious. You should consult a physician immediately for any of the above symptoms.

**RADIATING PAIN IN THE ARM:** Pain that radiates into an arm below the elbow can imply a herniated disc in the neck. Many times, radiating pain can be treated non-surgically. Radiating pain should be seen by a spine specialist within 2 weeks.

#### **+** NUMBNESS OR WEAKNESS IN ARM OR HAND:

Numbness or weakness in the arm or hand is a more serious disc-related symptom that is NOT appropriate for watchful waiting. Left untreated, the symptom can become permanent. You should see a spine specialist within 3 days.

**PAIN LIMITED TO THE LOW BACK:** Pain that is limited to the low back may be the result of muscle strain. While pain spasms can be excruciating, muscle strain problems do not require surgery. See our Home Remedies section on our Internet site for special stretches that can relieve pain, and the proper use of anti-inflammatories. While less common, a kidney injection or kidney stone may also cause low back pain symptoms. Consequently, you should consult a spine specialist accordingly for symptoms that persist beyond 5 days to determine the cause of your symptoms and the best treatment options, including a customized home exercise program that will make the back stronger, more flexible and resistant to future strain.

Those who self diagnose and self treat themselves do so at their own risk. We accept no responsibility for any problems that may result from the use or misuse of educational information intended to be helpful guidance.  
Copyright © All rights reserved: Prizm Development Inc. 2024



## MICHAEL X. ROHAN JR., D.O.

Board-certified orthopedic surgeon • Fellowship-trained in spine

Dr. Rohan specializes in the treatment of back and neck pain, including degenerative disease, scoliosis and spinal trauma. Dr. Rohan received his D.O. degree from Nova Southeastern University College of Osteopathic Medicine and completed his orthopedic surgery residency at the University of Medicine in New Jersey. He then completed a spine surgery fellowship at the world-renowned Texas Back Institute where he learned some of the latest innovations in minimally invasive spine surgery, motion preservation surgery and artificial disc replacement.

## 2ND OPINION FOR SPINE SURGERY

A second opinion can help you determine if you have considered all possible non-surgical options that can relieve symptoms. Also, many patients learn that a new minimally invasive surgery option can be provided by Panama City Spine that will shorten the incision and enable them to be home the same day for a faster return to activity. More information is at NorthwestFloridaSpine.com.



### PANAMA CITY MAIN OFFICE:

2636 Jenks Avenue, Panama City, FL 32405

Appointments & 2nd opinions: **850-481-8752**