

- Back pain leads the cause of disability worldwide.
- Spine experts estimate that 80% of the population experiences back problems during their lives.
- Americans spend \$50+ billion annually on back pain relief.

The solution isn't to throw away your money on treatments that don't work. The solution to your back pain is to find an orthopedic specialist whose experience and qualifications you can count on to find the PROBLEM and get rid of the CAUSE once and for all.

BEVERLY HILLS Spine Surgeon named "TOP DOC"

Hooman M. Melamed M.D., F.A.A.O.S.

Board Certified Orthopedic Spine Surgeon
Director of Scoliosis at Marina Del Rey Hospital



Proudly serving patients in Beverly Hills, Los Angeles, Manhattan Beach, Santa Monica, Hollywood, Culver City, El Segundo, Burbank, Glendale, Studio City, Bel Air, Long Beach, Malibu, Woodland Hills.



Recognized as one of the nations TOP spine surgeons, Dr. Hooman M. Melamed has been featured as an expert guest on talk shows including, The Doctors, Fox & Friends, Dr. Oz, Steve Harvey Show, ABC News and many others. He successfully treats thousands of patients with back pain who get customized treatment by a specialist with extensive training in Cervical Spine, Lumbar Spine, Minimally Invasive Spine Surgery, Scoliosis, Deformity/Thoracic Spine conditions. Dr. Melamed explains why so many people suffer from the condition of debilitating back pain.

Everyone complains of back pain. We must be doing something wrong. What is the main cause of back pain?

DR. MELAMED: Bad form/habits begin early, and over time break down discs in the lower back leading to pain. When kids engage in daily sports without rest for weeks at a time, their bodies can break down. As we age our bodies change. It's common to overexert ourselves, but consistent exercise is vital to ensure joints, ligaments, muscles and tendons don't stiffen, but maintain fluidity. Poor workout form (heavy weights, doing pull-ups, and "weekend warrior" syndrome: harsh dips)

damage joints and can lead to injury. Lifting by bending at the waist, instead of knees causes injury; sitting/standing for long periods takes a toll and good nutrition (no dairy, refined sugars, processed food) reduces inflammation — the cause of degradation to discs and joints.

"In about 90% of cases, nonsurgical modalities such as physical therapy, chiropractic treatment, acupuncture are amazing alternatives. Epidural injections and, most recently stem cell therapy can repair injured discs, and are terrific ways to avoid surgery. I have had great success with the use of stem cells, and have saved many patients from spine surgery."

What's the bottom line for back health?

DR. MELAMED: Listen to your body. Exercise consistently. If you jog wear proper shoes and replace them if they look worn. Jog on soft surfaces to absorb the shock instead of cement/asphalt. Lifting weights requires a pre-warm up, proper form/posture; don't lift heavy weights. Instead, increase reps so you can comfortably do 15+. Plyometrics, pilates, TRX (leveraging one's body weight) gets you toned, strengthens your core and protects back and joints. Aerobic exercises should be part of your routine for optimal health. AND get plenty of rest.

Are there "age appropriate" exercises?

DR. MELAMED: YES. As we age our bodies, joints, back get stiffer, but we must exercise to maintain our core. Pilates, Yoga, TRX and plyometrics keep our bodies less stressed; stretching allows the body to recover and repair.

You also treat children. How can parents tell if a child has back pain or injury?

DR. MELAMED: Back pain is uncommon in children. If a child has soreness, discomfort or ANY nighttime pain, get him/her evaluated. If you see shoulder slumping, hunching more than usual, or a prominent rib hump, see a

board-certified spine surgeon. These signs can lead to significant, chronic problems.

People with back pain use over-the-counter or prescription medication for relief. What about the cause of the symptoms? What's involved in a spine evaluation?

DR. MELAMED: Do not ignore prolonged pain. If pain has not subsided in two weeks or there is weakness in any muscle group, you need to be evaluated. Pain is a sign something could be wrong. Taking a thorough history is critical to understanding the root of the problem. The key to a good diagnosis depends on how good a listener the doctor is because a patient's words are key to determining what's wrong. A detailed neurological exam eliminates neurologic issues. Imaging through Xrays and MRIs fine tunes the diagnosis. I have a detailed discussion with my patient about diagnosis, treatment options, and we discuss together the pros and cons. Causes of pain vary from excessive exercise and sleeping on a bad mattress, sitting too much, the victim of a car accident or having a bad fall.



Whether you have disc herniation, scoliosis, spinal cord pressure, kyphosis, spondylitis, stenosis, spondylolisthesis, degenerative disc disease, pars fracture, or another cause — there is good news....90% of conditions can be treated without spine surgery. ■

Hooman M. Melamed M.D., F.A.A.O.S
13180 Mindanao Way, Suite 300
Marina del Rey, CA 90292 310.574.0405
Visit: thespinepro.com