

Dr Lavelle's Spine Health Program

Live a Healthy Lifestyle:

- Exercise/Move: Increasing activity dramatically improves overall health, stress and pain levels
 - A combination of functional strengthening exercises and aerobic conditioning 2-3 days a weeks for 30-45 minutes a day is a good goal
- Eat nutritious food: We are what we eat! Stay on the periphery of the grocery store. Avoid processed, sugary food/drinks and refined carbohydrates. A lot of food can worsen inflammation, but by sticking to a predominately whole food, plant based diet you will be better off...Think veggies, fruits, beans and nuts!
- Manage your stress- take time for yourself! Often making time to exercise can be your time to unload stress and improve health.
- Limit toxins in your body (Tobacco, drugs such as narcotics/opioids,)
- **Please Watch:** Important movie on Plant-based health



Nutrition/General Health:

- Eat healthy – non-processed, natural foods (no fast food/sodas).
- Eat 3 meals a day: Organize your plate to have a balance of protein, fats and limited carbohydrates.
 - ***Think veggies, fruits, beans and nuts! – 80-90% of food should be from these sources***
 - Healthy Fats: almond butter, avocado, olive oil, almonds, pistachios, dark chocolate, edamame
 - Healthy Carbs- fruits, oatmeal, quinoa, whole-wheat pasta or bread, black beans, acorn squash, sweet potatoes.
 - Meat: fish, chicken – *limited amount of meat 10% of daily food consumption*
 - Drink water!!!
 - No Sugar!!
- No Smoking!! - Smoking decreases blood flow to tissues, thus increases degeneration

and decreases healing. Quitting smoking can decrease your pain up to 30% with no other treatment.

- Limit Alcohol - only 1-2 glasses occasionally.
- Exercise – walk, jog, elliptical, bike, swim, hike, kickbox, zumba, CrossFit etc daily or most days of the week for 35-45 minutes is a must to get moving and active.
- ****Exercise at high enough intensity to work up a sweat.****

therapy has unintentional adverse effects on long-term treatment outcomes, including a 10-fold increase in long-term work disability and worsening physical functioning.

- Opioids may also block essential neurologic adaptive processes that are responsible for pain resolution, perpetuating central sensitization and dampening beneficial response to other treatments, including injections, surgery, and rehabilitation. Because of this, when prescribed, opioids should be considered the primary pain management modality, and concurrent pain management with other modalities should be avoided (or at least deferred until opioids are discontinued).

James Rainville, *Spinal Disorders*, Scientific American Neurology. DOI 10.2310/7900.6273

Exercise:

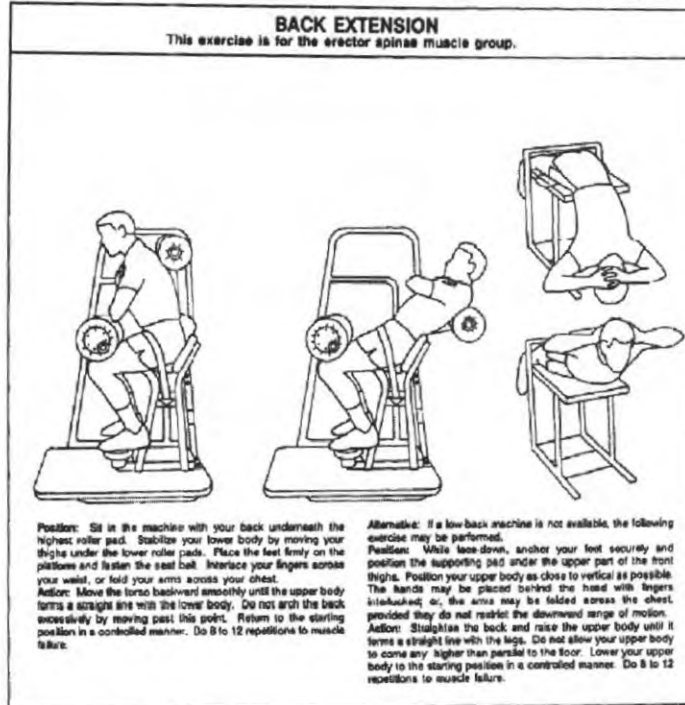
- Exercise has long been a standard of treatment for back pain. Over the last 2 decades, the use of high intensity, non-pain contingent exercises for treatment of back pain has received increased advocacy. The main goals of these treatments are to improve functioning of painful lumbar soft tissue and to decrease the fears and concerns of patients about using their backs for daily activities. By eliminating impairments in back function, altering fears and beliefs about pain, and reducing disability, patients with low back pain can achieve meaningful improvements in their quality of life.

Rainville, James, *Aggressive Exercise as Treatment for Chronic Low Back Pain*. Sports Med 2002; 32 (1): 75-82

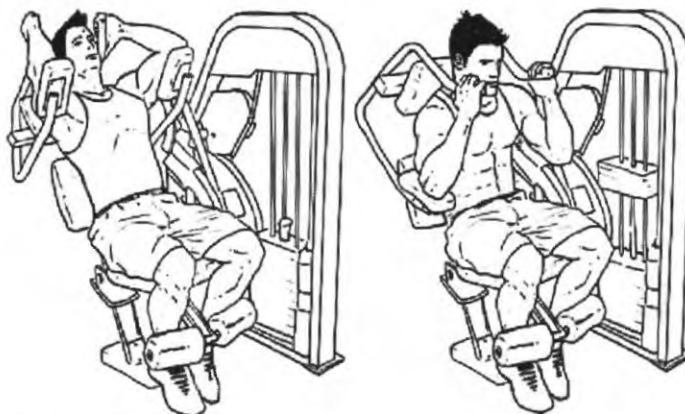
- Ideally doing these exercises at a gym, senior center or community center is ideal. If not, doing home exercises is next best thing.
- Phone App – “7 minute workout” or “Nike fitness Club” are good options if can’t do the exercises below at a gym.
- **Fitness classes through a gym such as CrossFit –doing moderate to high intensity constantly varied activity 2-3 days a week for 35-45 minutes can be a great way to become more active in a controlled setting.**

Exercise Program:

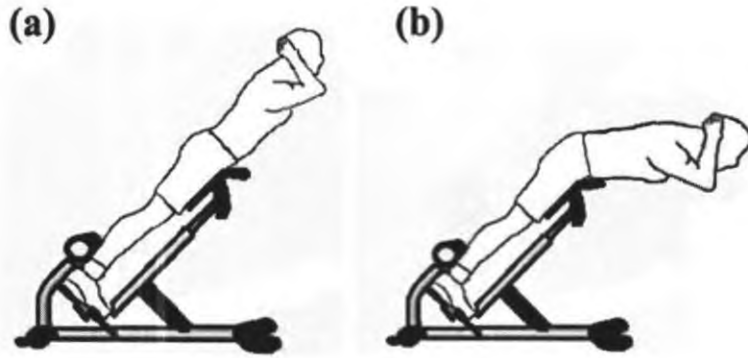
- Exercise: back extension – Muscles targeted: Multifidi, Longissimus, Iliocostalis



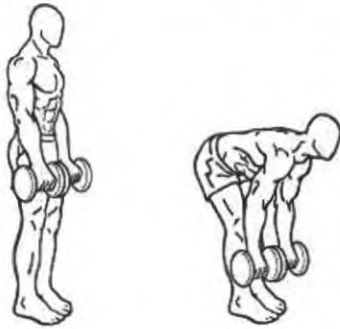
- Exercise: Abdominal crunch machine – Muscle Targeted: Rectus Abdominis



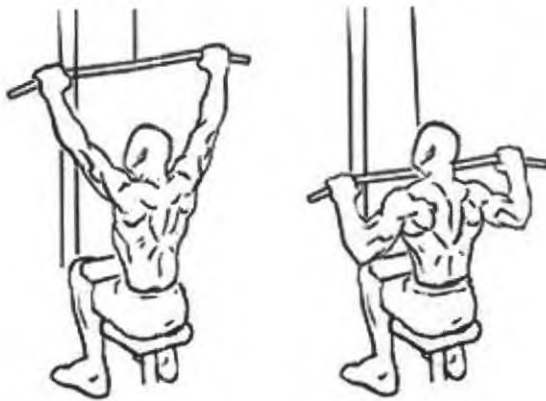
- Exercise: Roman chair hyperextension – Muscles Targeted: Multifidi, Longissimus, Iliocostalis, Gluteus maximus, Hamstrings



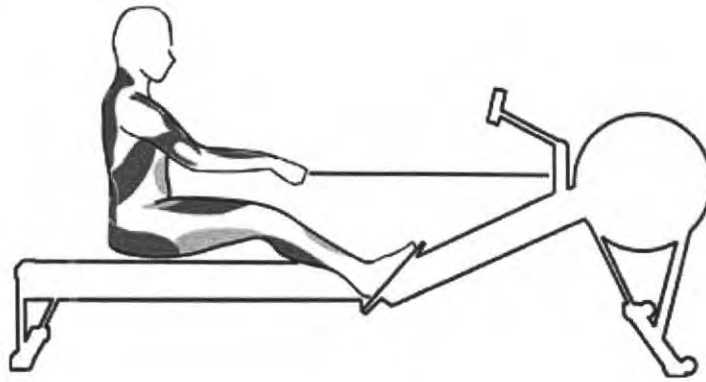
- Exercises: Deadlift/ Lumbar crate lifting – Muscles Targeted: Multifidi, Longissimus, Iliocostalis, Gluteus maximus, Hamstrings, Rhomboids, Trapezius



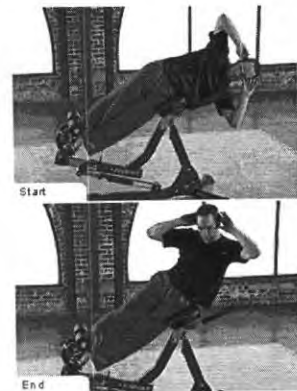
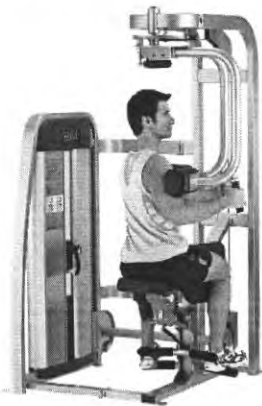
- Exercise: Lat pull-down – Muscles Targeted: Latissimus dorsi, Rhomboids, Teres major/minor



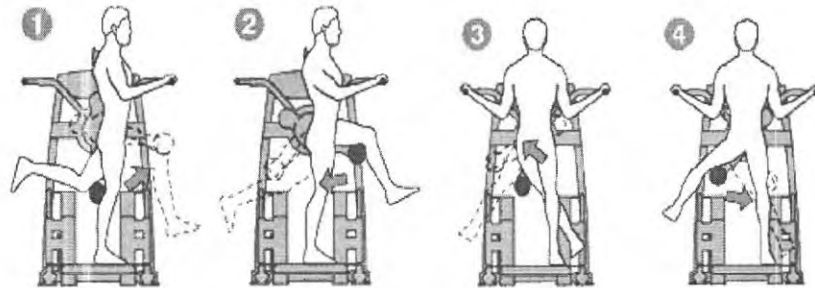
- Exercise: Seated Rows – Muscles Targeted: Erector spinae, Rhomboids, Latissimus, Teres major



- Exercise: rotary torso – Muscles Targeted: Internal/external obliques, Adductors, Erector spinae



- Exercise: Multihip machine – Muscles Targeted: Hip flexors, Hip extensors, Hip abductors, Hip adductors, Glutei, Erector spinae



- Exercises Leg Press – Muscles Targeted: Quadriceps, Gluteus maximus, Hamstring

