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Spine Team Texas® To Promote Healthy Back Awareness in Honor of National Spinal Health Month

David Rothbart, MD, Neurosurgeon, Founder, and Medical Director of Spine Team Texas®, Discusses the 6 Common Mistakes of Back Pain Sufferers in Honor of National Spinal Health Month on Good Morning Texas

Southlake, Texas – (October 12, 2012) - [Spine Team Texas®](http://www.spineteamtexas.com), a comprehensive spine center for the treatment of neck and back disorders, will help raise awareness of spine health and wellness in honor of National Spinal Health Month. Spine Team Texas Neurosurgeon, Founder, and Medical Director, Dr. David Rothbart, will appear on the October 15th episode of Good Morning Texas (Channel 8-WFAA, Dallas-Fort Worth affiliate) to provide spine injury prevention tips and promote back and neck health awareness.

“An integral part of the Spine Team Texas core values includes providing spine health and wellness education not only to our patients, but also to the general public,” says Dr. Rothbart.

Common spinal disorders such as back pain, neck pain, disc disease, and spinal degeneration can have a profound effect on a person’s overall health and quality of life. Approximately 90% of the general population will suffer from back or neck pain at some point during their lives. It is one of the most common reasons for workplace sick leave and the second most frequent reason for visits to the doctor’s office.

Spine Team Texas will acknowledge National Spinal Health Month on October 16th, encouraging its patients and the general public to get active to promote spine wellness. The center will give away complimentary pedometers to all the patients that are seen in its clinics on October 16th, promoting walking and safe exercise as opposed to a sedentary lifestyle that can make people prone to weakening muscles that are critical to support spinal health and wellness.

The fully integrated team of specialists at Spine Team Texas is committed to providing compassionate, comprehensive back and neck care. Focused on non-surgical and minimally invasive spine surgery, Spine Team Texas accommodates patients in all stages of back and neck treatment. Their facilities include diagnostic testing equipment, spine-focused physical therapy, and 5-day-a-week, full-time physician specialists for the complete continuum of care in

one convenient location. As a result of the team's spine-focused model, approximately 90% of Spine Team Texas patients are treated successfully without surgery.

Spine Team Texas is dedicated to patient education and helping them to understand the key functions of the spine, traditional causes of back and neck pain, and the various ways to prevent and alleviate symptoms. To learn more about the most common diagnoses and treatments offered at Spine Team Texas, visit the "[Relief Resources](#)" page.

Call Spine Team Texas at **(888)-512-3892** to schedule an appointment for a comprehensive and customized back and neck pain treatment plan or visit www.spineteamtexas.com for more information.

About Spine Team Texas

Spine Team Texas specializes in the treatment of back and neck disorders ranging from simple back or neck strains to the most complex spine surgeries. Through its in-depth knowledge and team atmosphere, Spine Team Texas is dedicated to treating patients conservatively through education, spine-focused physical therapy, non-surgical treatments, and minimally invasive spine surgery as a last resort when necessary. The comprehensive team includes physiatrists, specialized in acute spine pain management; neurosurgeons and an orthopedic surgeon, specialized in minimally invasive spine surgery techniques; spine-focused physical therapists; an anesthesiologist, fellowship-trained in chronic spine pain management; and on-site registered nurses that strive to help patients return to everyday activities. Established in December 2004, Spine Team Texas is headquartered in Southlake, Texas. The practice opened a full-service, sister-facility in March 2009 in Rockwall, Texas, and operates a satellite clinic in Arlington, Texas. Spine Team Texas has been named to *Dallas Business Journal's* 'Best Places to Work' as nominated by their employees. They have also received the prestigious *Dallas Business Journal's* "Healthcare Heroes—Physician Award" as nominated by their patients. For more information, please visit www.spineteamtexas.com or follow them on Facebook at www.facebook.com/spineteamtexas.

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