

**STERLING RIDGE
ORTHOPAEDICS
& SPORTS MEDICINE**

Sterling Ridge Orthopaedics & Sports Medicine
6767 Lake Woodlands Drive, Suite F, The Woodlands, TX
77382
20639 Kuykendahl Road, Suite 200, Spring, TX 77379
The Woodlands & Spring, TX .



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If you are experiencing pain, feel symptoms of an orthopedic condition or you've just been diagnosed, we encourage you to use our online patient education library to learn about the condition and what can be done. This can help you prepare for an appointment and serve as a review of the information your physician shares. Feel free to read the information online or download a PDF to print or share.

At Sterling Ridge Orthopaedics & Sports Medicine we provide each patient with the highest level of care by board certified physicians. Please schedule an appointment with one of our specialists if you have any questions or concerns about symptoms you may be experiencing.

Two convenient locations:

THE WOODLANDS

281-364-1122

6767 Lake Woodlands Drive, Suite F
The Woodlands, TX 77382

SPRING

832-698-0111

20639 Kuykendahl Road, Suite 200
Spring, TX 77379



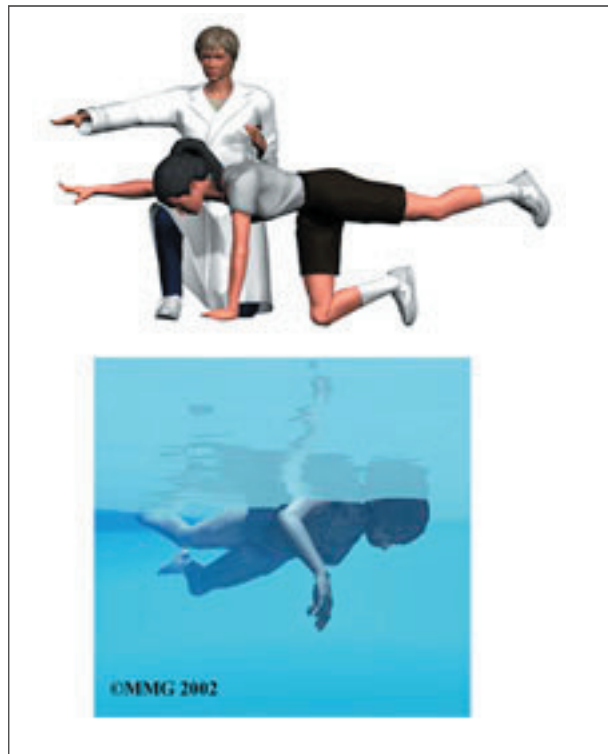
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No treatment program for low back pain is complete without a great deal of attention to the prevention of further back problems.

It is a common belief that most episodes of low back pain simply get better in 6 or 8 weeks no matter what type of treatment a patient receives. The problem with this thinking is that 90 percent of these patients will have recurring bouts of back pain. Without proper instruction on how to protect the spine, they will continue to do things that lead to further injury and deterioration of the spine. Without information about how to practice good spine health, patients are at risk for having increasing problems with low back pain and are more apt to eventually develop disabling back pain.



The truth is that most people who've had back pain once don't get completely better by themselves. They may begin to have less pain, but that isn't always a sign that everything has returned to normal.

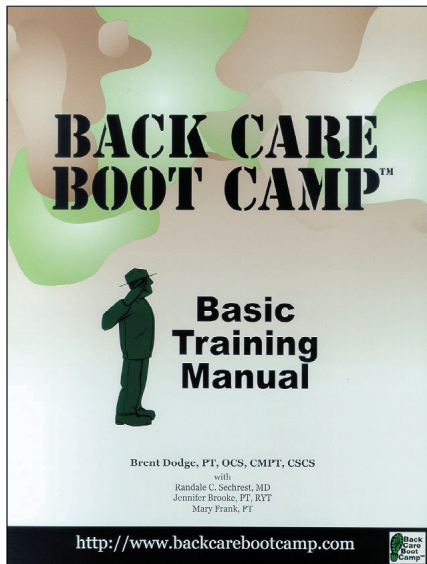
Scientists have determined that having back pain, even once, can alter the way your back and abdominal muscles work, which can leave your spine unsupported and prone to another injury. That's where Back Care Boot Camp comes in. It details these new facts. It also teaches you ways to energize your muscles again to protect your back and to reduce the chances of having a future problem. Back Care Boot Camp gives immediate guidance to help you head off potential long-term problems—before they occur.

Or you can purchase a printed manual in a high quality, full color softback book format here:

www.backcarebootcamp.com/bcbc_online

The entire program is available online at:

www.backcarebootcamp.com/estore



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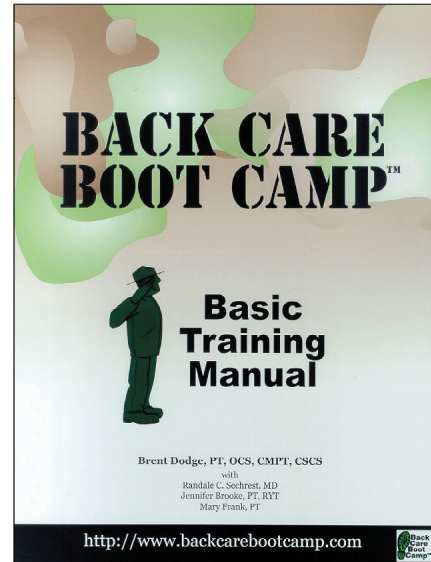
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