

**LONG ISLAND SPINE SPECIALISTS, P.C.**  
Committed to Excellence, Committed to You

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## Long Island Spine Specialists, P.C.



Long Island Spine Specialists, P.C. is a team of experienced spine experts consisting of accredited Fellowship trained Board Certified Orthopaedic Spine Surgeons, multi-Board Certified Physiatrists specializing in interventional pain management, and Physician Assistants. The team focuses exclusively on the specific issues relating to the spine. Our medical professionals have years of experience and expertise in all spinal conditions including traumatic injuries and deformities.

Listed among the leading national physicians in spine health with State-of-the-Art facilities in Commack, West Islip, Garden City and Manorville. LISS offers patients across the region the most advanced resources in spinal medicine today. We are committed to delivering the highest quality of individualized comprehensive care to each patient with compassion and integrity.

We identify the cause of the symptoms & develop an individual effective treatment plan by exploring a variety of medical options which may include nonsurgical treatment and when specifically indicated, operative intervention to return patients to active healthy lifestyles.

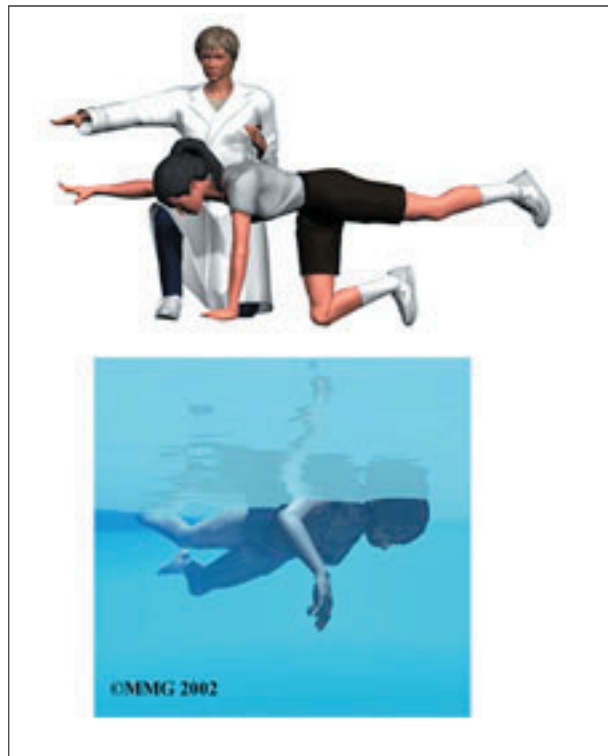
### Our Mission:

At Long Island Spine Specialists, P.C., we know how debilitating back and neck disorders can be for our patients. We also know that when it comes to treating these conditions, finding the treatment option that best meets each patient's individual needs is perhaps the most important aspect to successfully alleviating or managing back and neck pain.



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.

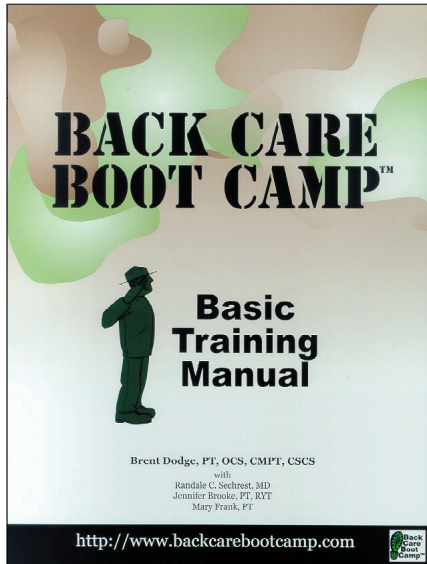
Scientists have determined that having back pain, even once, can alter the way your back and abdominal muscles work, which can leave your spine unsupported and prone to another injury. That's where Back Care Boot Camp comes in. It details these new facts. It also teaches you ways to energize your muscles 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](http://www.backcarebootcamp.com/bcbc_online)

The entire program is available online at:

[www.backcarebootcamp.com/estore](http://www.backcarebootcamp.com/estore)



## Order Form

Contact: Ann Campbell  
 Contact Info: Office 866-721-3072  
 Fax: 406-721-2610  
 E-mail: info@medicalmultimediagroup.com

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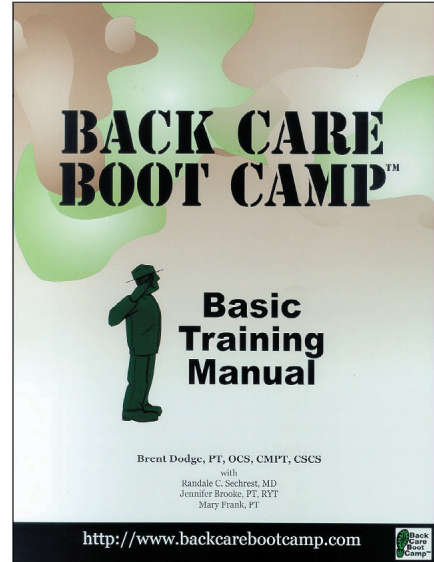
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### Pricing:

<b>1-5 manuals</b>	<b>\$29.95 each</b>
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