

## Five things to know about hip and back pain

### 1 See a doctor if you're not getting better.

If you experience hip or back pain, incorporate stretching, rest, and take anti-inflammatory medication like Advil® or Aleve®. If your pain isn't better after 6 weeks, it's time to request an appointment with the MetroHealth Spine Center by calling 216-778-3700. **See a provider immediately if your hands feel funny, you are dropping things, you lose your balance, have pain in your legs, or you have trouble controlling your bowels or bladder.**

### 2 Keeping your hips and spine healthy can prevent pain.

Core strengthening exercise like yoga, pilates, swimming or tai chi can prevent hip and back pain. You should also consider taking a calcium and vitamin D3 supplement. Take activity breaks if your job requires you to sit for long periods. And, if you struggle with maintaining a healthy weight, talk to your doctor about how the MetroHealth Weight Management Center might be able to help.

### 3 You have options besides surgery.

Surgery is almost never the first option to relieve back or hip pain. MetroHealth will work with you to create a personalized care plan that may include physical therapy, medication, acupuncture, or massage therapy.

### 4 If you need surgery, you're in the right place.

If treatment for hip or back pain requires surgery, you'll have access to top-notch surgeons and the MetroHealth Rehabilitation Institute, a world-class physical rehabilitation center.

### 5 Hip replacements are easier than they used to be.

If you and your provider determine that a hip replacement is necessary, you'll find nearly immediate pain relief. Hip replacements last 15-20 years and are one of the most well-tolerated procedures available.



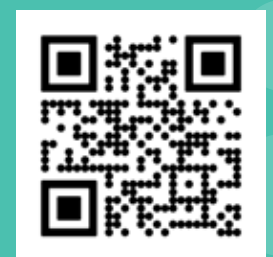
Takeaways from **Back and Hip Pain: How They Are Connected & How You Can Find Relief**

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### The MetroHealth Spine Center

MetroHealth Spine Center's team of physicians, surgeons, and specialists are leaders in the treatment of back, neck and spine problems, disorders, and injuries, from simple injuries to the most complex cases. And, if you need a second opinion on back surgery or back pain, we're here to help.

### REQUEST AN APPOINTMENT



Scan the code above  
or call 216-778-3700