








Monday 02/01			
Tags & #			
Tuesday 02/02			
Tags & #			
Wednesday 02/03	<p>Our #WellnessWednesday tip of the week: Eat a balanced diet of these 5 things daily:</p> <ol style="list-style-type: none"> 1. Lean Protein 🍗🐟 2. Leafy Greens 🥬 3. Whole Grains 🌾 4. Healthy Fats 🥑 5. Nutritious Fruit 🍎 <p>Taking care of your whole body from the inside out keeps your spine strong and healthy!</p>	<p>Our Wellness Wednesday tip of the week: Eat a balanced diet of these 5 things daily:</p> <ol style="list-style-type: none"> 1. Lean Protein 🍗🐟 2. Leafy Greens 🥬 3. Whole Grains 🌾 4. Healthy Fats 🥑 5. Nutritious Fruit 🍎 <p>Taking care of your whole body from the inside out keeps your spine strong and healthy!</p>	<p>Wellness Wednesday Tip: Eat a balanced diet of lean protein, leafy greens, whole grains, healthy fats, and nutritious fruit to keep your spine strong and healthy!</p> 
Tags & #	#houstonspinedoc #wellnesswednesday #spinehealth #spinelove #spinalhealth #healthydiet #diets #spine #spinepainrelief #spinehealthtips #healthyspine #happyspine #spinalcare #spinemobility #holistichealth #holistic #healthyliving	#houstonspinedoc #wellnesswednesday #spinehealth	#houstonspinedoc #wellnesswednesday #diets
Thursday 02/04			
Tags & #			
Friday 02/05	<p>Thank you, Lora, for choosing us to help you get on the road to recovery! Please reach out if you need anything! 💙</p> <p>Don't let pain keep you from getting back to the activities you love!</p> <p>Contact us today! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Thank you, Lora, for choosing us to help you get on the road to recovery! Please reach out if you need anything! 💙</p> <p>Don't let pain keep you from getting back to the activities you love!</p> <p>Contact us today! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Thank you, Lora, for choosing us to help you get on the road to recovery! Don't let pain keep you from getting back to the activities you love, contact us today!</p> 
Tags & #	#houstonspinedoc #testimonials #reviews #customerappreciation #happycustomer #patientsatisfaction #spinehouston #spinedoc ##spinepainwarrior #spinesurgeryrecovery #spinealsurgeryrecovery #fullrecovery #backpainsucks #backpainrelief	#houstonspinedoc #patientsatisfaction #spinesurgeryrecovery	#houstonspinedoc #testimonials #spinesurgery
Saturday 02/06			
Tags & #			
Sunday 02/07			
Tags & #			



Monday 02/08			
Tags & #			
Tuesday 02/09			
Tags & #			
Wednesday 02/10	<p>Your body is meant to move! Sedentary lifestyles are one of the leading causes of back pain and poor spinal health. 🚫🔪</p> <p>Try these simple yoga stretches that you can do at your desk to help alleviate back your pain and increase mobility!</p>	<p>Your body is meant to move! Sedentary lifestyles are one of the leading causes of back pain and poor spinal health. 🚫🔪</p> <p>Try these simple yoga stretches that you can do at your desk to help alleviate back your pain and increase mobility!</p>	<p>Try these simple yoga stretches that you can do at your desk to help alleviate back your pain and increase mobility!</p> 
Tags & #	<p>#houstonspinedoc #spinehealth #wellnesswednesday #spinehealthtips #homeoffice #ergonomichomeoffice #chairyoga #officeyoga #backpainsucks #backpainrelief #backpainexercises #spineexercises #spinepainrelief #neckpainrelief #neckpain #stretching #gentlestretches #officechairworkout</p>	<p>#houstonspinedoc #wellnesswednesday #backpainexercises</p>	<p>#houstonspinedoc #wellnesswednesday #officechairyoga</p>
Thursday 02/11			
Tags & #			
Friday 02/12	<p>Is your back going out more than you do? 🙄</p> <p>Back pain can be caused by a number of issues ruptured disks, irritated joints, poor posture, and spinal stenosis, to name a few conditions.</p> <p>You don't have to let pain keep you from the activities you love!</p> <p>Contact us today! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Is your back going out more than you do? 🙄</p> <p>Back pain can be caused by a number of issues ruptured disks, irritated joints, poor posture, and spinal stenosis, to name a few conditions.</p> <p>You don't have to let pain keep you from the activities you love!</p> <p>Contact us today! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Is your back going out more than you do? You don't have to let pain keep you from the activities you love!</p> <p>Contact us today to book an appointment! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p> 
Tags & #	<p>#houstonspinedoc #backpain #backpainsucks #limitedmobility #backpainrelief #backpaintreatment #spinalsurgeon #spinehealth #lowerbackpain #lowbackpain #herniateddisc #slippeddisc #spinetrauma #chronicpain #spinemobility</p>	<p>#houstonspinedoc #backpain #limitedmobility</p>	<p>#houstonspinedoc #backpain #chronicpain</p>
Saturday 02/13			
Tags & #			
Sunday 02/14	<p>Show your spine (and sweetie) some love this Valentine's Day! 💕</p> <p>Did you know that massage can help alleviate back and neck pain, and increase mobility? When combined with regular exercise, and under the supervision of your doctor, it can be a great way to maintain a healthy and pain-free lifestyle! 🙄💕</p> <p>Always consult with your doctor before beginning any kind of exercise regimen or massage treatment.</p> <p>Contact us today to schedule an appointment! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Show your spine (and sweetie) some love this Valentine's Day! 💕</p> <p>Did you know that massage can help alleviate back and neck pain, and increase mobility? When combined with regular exercise, and under the supervision of your doctor, it can be a great way to maintain a healthy and pain-free lifestyle! 🙄💕</p> <p>Always consult with your doctor before beginning any kind of exercise regimen or massage treatment.</p> <p>Contact us today to schedule an appointment! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Did you know that massage can help alleviate pain and increase mobility? Under the supervision of your doctor, it can be a great way to maintain a healthy and pain-free lifestyle! 🙄💕</p> <p>Contact us today to schedule an appointment! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p> 
Tags & #	<p>#houstonspinedoc #happyvalentinesday #valentinesday #spinehealth #healthyspine #massage #massagetherapy #massagetreatment #backpain #neckpain #increasemobility #backpainsucks #massageforpain #painfreelifestyle #healthyliving #holisticcare</p>	<p>#houstonspinedoc #massagetreatment #spinehealth</p>	<p>#houstonspinedoc #spinehealth #holistic #spinehealth</p>



Monday 02/15				
Tags & #				
Tuesday 02/16				
Tags & #				
Wednesday 02/17	<p>You spend a majority of the workday seated at your desk 🤖 Keep your spine healthy by making sure that your workstation has these ergonomic features and that you're maintaining proper posture!</p> <p>Still hurting? Contact us today to schedule your consultation 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>You spend a majority of the workday seated at your desk 🤖 Keep your spine healthy by making sure that your workstation has these ergonomic features and that you're maintaining proper posture!</p> <p>Still hurting? Contact us today to schedule your consultation 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>You spend a majority of the workday seated at your desk 🤖 Keep your spine healthy by making sure that your workstation has these ergonomic features and that you're maintaining proper posture!</p> <p>Still hurting? Contact us today to schedule your consultation 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	
Tags & #	<p>#workingfromhomeproblems #homeoffice #ergonomichomeoffice #ergonomic #houstonspinedoc #spinehealth #wellnesswednesday #spinehealthtips #backpainsucks #backpainrelief #spinepainrelief #neckpainrelief #neckpain</p>	<p>#houstonspinedoc #ergonomic #homeoffice</p>	<p>#houstonspinedoc #ergonomic #homeoffice</p>	
Thursday 02/18				
Tags & #				
Friday 02/19	<p>Dr. Navin Subramanian specializes in Minimally Invasive Spine Surgery, Adult Lumbar and Cervical Disorders & Spine Trauma. He is certified by the American Board of Orthopaedic Surgery and is fellowship trained in orthopedic surgery of the spine. Having received multiple accolades for his projects, and published works in respected peer reviewed journals.</p> <p>Dr. Subramanian puts his patients first, and believes it is best to use the least invasive treatment available to accomplish a patient's surgical goals.</p> <p>Contact Dr. Subramanian today! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Dr. Navin Subramanian specializes in Minimally Invasive Spine Surgery, Adult Lumbar and Cervical Disorders & Spine Trauma. He is certified by the American Board of Orthopaedic Surgery and is fellowship trained in orthopedic surgery of the spine. Having received multiple accolades for his projects, and published works in respected peer reviewed journals.</p> <p>Dr. Subramanian puts his patients first, and believes it is best to use the least invasive treatment available to accomplish a patient's surgical goals.</p> <p>Contact Dr. Subramanian today! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Dr. Subramanian puts his patients first, and believes it is best to use the least invasive treatment available to accomplish a patient's surgical goals.</p> <p>Contact Dr. Subramanian today! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	
Tags & #	<p>#houstonspinedoc #spinalsurgeon #surgeon #surgeonspotlight #orthopedics #surgeons #doctor #ortho #orthopaedics #spinehealth #spinesurgery #minimallyinvasive #patientcare</p>	<p>#houstonspinedoc #spinalsurgeon #patientcare</p>	<p>#houstonspinedoc #spinalsurgeon #patientcare</p>	
Saturday 02/20				
Tags & #				
Sunday 02/21				
Tags & #				



Monday 02/22				
Tags & #				
Tuesday 02/23				
Tags & #				
Wednesday 02/24	<p>Maintaining good posture is important for your spine health! Bad posture puts unnecessary strain and pressure on your spine, leading to pain, headaches, and poor health.</p> <p>With a little practice, you can start implementing better posture all of the time!</p>	<p>Maintaining good posture is important for your spine health! Bad posture puts unnecessary strain and pressure on your spine, leading to pain, headaches, and poor health.</p> <p>With a little practice, you can start implementing better posture all of the time!</p>	<p>Maintaining good posture is important for your spine health! Bad posture puts unnecessary strain and pressure on your spine, leading to pain, headaches, and poor health.</p> <p>With a little practice, you can start implementing better posture all of the time!</p>	
Tags & #	<p>#posture #goodposture #betterposture #houstonspinedoc #spinehealth #wellnesswednesday #spinehealthtips #backpainsucks #backpainrelief #spinepainrelief #neckpainrelief #neckpain #posturecorrection #posturematters</p>	<p>#houstonspinedoc #wellnesswednesday #posture</p>	<p>#houstonspinedoc #wellnesswednesday #posture</p>	
Thursday 02/25				
Tags & #				
Friday 02/26	<p>Spinal disks are like shock absorbers between the vertebrae of your spine. They help your back stay flexible so you can bend and twist. As you get older, they can show signs of wear and tear and begin to break down, causing pain and limited mobility.</p> <p>Disc Replacement Surgery (Disc Arthroplasty) is an innovative treatment that replaces the dysfunctional disc with a synthetic one, alleviating pain and increasing mobility of the spine.</p> <p>Contact us today to learn more! (713) 650-6900 https://houstonspinedoc.com</p>	<p>Spinal disks are like shock absorbers between the vertebrae of your spine. They help your back stay flexible so you can bend and twist. As you get older, they can show signs of wear and tear and begin to break down, causing pain and limited mobility.</p> <p>Disc Replacement Surgery (Disc Arthroplasty) is an innovative treatment that replaces the dysfunctional disc with a synthetic one, alleviating pain and increasing mobility of the spine.</p> <p>Contact us today to learn more! (713) 650-6900 https://houstonspinedoc.com</p>	<p>Disc Replacement Surgery (Disc Arthroplasty) is an innovative treatment that replaces the dysfunctional disc with a synthetic one, alleviating pain and increasing mobility of the spine.</p> <p>Contact us today to learn more! (713) 650-6900 https://houstonspinedoc.com</p>	
Tags & #	<p>#houstonspinedoc #discreplacement #spinesurgery #spinal surgery #surgeryrecovery #bulgingdisc #herniateddisc #backpain #backpainsucks #mobility #discs #degenerateddiscdisease #discpain #backpainrelief #chronicpain</p>	<p>#houstonspinedoc #discreplacement #spinal surgery</p>	<p>#houstonspinedoc #spine #spinesurgery #spinal surgery</p>	
Saturday 02/27				
Tags & #				
Sunday 02/28				
Tags & #				