



Monday 03/01			
Tags & #			
Tuesday 03/02			
Tags & #			
Wednesday 03/03	<p>You spend 1/3 of your life sleeping, so be sure to protect your spine while you do it!</p> <p>Make sure that your head and shoulders are in line to ensure an optimal position for the spine.</p> <p>Waking up with back pain? Contact us today for a consultation! ☎ (713) 650-6900 🌐 Link in bio!</p>	<p>You spend 1/3 of your life sleeping, so be sure to protect your spine while you do it!</p> <p>Make sure that your head and shoulders are in line to ensure an optimal position for the spine.</p> <p>Waking up with back pain? Contact us today for a consultation! ☎ (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Make sure that your head and shoulders are in line to ensure an optimal position for the spine while you sleep.</p>
Tags & #	<p>#houstonspinedoc #wellnesswednesday #spinehealth #spinelove #spinalhealth #nomorebackpain #backpainsucks #backpain #neckpain #sleeppositions #healthyspine #spine #spinepainrelief #spinehealthtips #healthyspine #happyspine #spinalcare #spinemobility #holistichealth #holistic #healthyliving</p>	<p>#houstonspinedoc #wellnesswednesday #spinehealth</p>	<p>#houstonspinedoc #wellnesswednesday #spine</p>
Thursday 03/04			
Tags & #			
Friday 03/05	<p>Strengthening your core releases tension and tightness around your spine, relieving back and neck pain, and preventing future injury. Take care of your body, it's the only one you've got!</p> <p>Consult with a doctor before beginning any exercise regimen.</p> <p>Contact us today for a consultation! ☎ (713) 650-6900 🌐 Link in bio!</p>	<p>Strengthening your core releases tension and tightness around your spine, relieving back and neck pain, and preventing future injury. Take care of your body, it's the only one you've got!</p> <p>Consult with a doctor before beginning any exercise regimen.</p> <p>Contact us today for a consultation! ☎ (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Strengthening your core releases tension and tightness around your spine, relieving back and neck pain, and preventing future injury. Consult with a doctor before beginning any exercise regimen.</p> <p>Contact us today for a consultation! ☎ (713) 650-6900 🌐 https://houstonspinedoc.com</p>
Tags & #	<p>#houstonspinedoc #strongcore #coreworkout #planks #planking #exercise #healthylifestyle #spinehouston #spinedoc #workout #wootd #healthyspine #spinehealth #neckpain #neckpainsucks #backpainsucks #backpainrelief</p>	<p>#houstonspinedoc #coreworkout #spinehealth</p>	<p>#houstonspinedoc #spine #workout</p>
Saturday 03/06			
Tags & #			
Sunday 03/07			
Tags & #			



Monday 03/08				
Tags & #				
Tuesday 03/09				
Tags & #				
Wednesday 03/10	<p>Thinking about trying a standing desk? Make sure that your workstation is ergonomic, and that you maintain proper posture to keep your spine healthy!</p> <p>Contact us today to schedule a consultation! (713) 650-6900 Link in bio!</p>	<p>Thinking about trying a standing desk? Make sure that your workstation is ergonomic, and that you maintain proper posture to keep your spine healthy!</p> <p>Contact us today to schedule a consultation! (713) 650-6900 https://houstonspinedoc.com</p>	<p>Thinking about trying a standing desk? Make sure that your workstation is ergonomic, and that you maintain proper posture to keep your spine healthy!</p> <p>Contact us today to schedule a consultation! (713) 650-6900 https://houstonspinedoc.com</p>	
Tags & #	<p>#houstonspinedoc #spinehealth #wellnesswednesday #spinehealthtips #homeoffice #ergonomichomeoffice #standingdesk #ergonomic #ergonomicoffice #spinehealthtips #posture #goodposture #homeoffice #homeofficesetup #homeofficetips</p>	<p>#houstonspinedoc #wellnesswednesday #standingdesk</p>	<p>#houstonspinedoc #wellnesswednesday #ergonomic</p>	
Thursday 03/11				
Tags & #				
Friday 03/12	<p>Thank you, April, for choosing us to help you get on the road to recovery! Please reach out if you need anything! ❤️</p> <p>You don't have to let pain keep you from the activities you love. Contact us today for a consultation! (713) 650-6900 Link in bio!</p>	<p>Thank you, April, for choosing us to help you get on the road to recovery! Please reach out if you need anything! ❤️</p> <p>You don't have to let pain keep you from the activities you love. Contact us today for a consultation! (713) 650-6900 https://houstonspinedoc.com</p>	<p>Thank you, April, for choosing us to help you get on the road to recovery! Please reach out if you need anything! ❤️</p> <p>You don't have to let pain keep you from the activities you love. Contact us today for a consultation! (713) 650-6900 https://houstonspinedoc.com</p>	
Tags & #	<p>#houstonspinedoc #testimonials #reviews #customerappreciation #patientsatisfaction #spinehouston #spinedoc #sciaticpain #sciatica #sciaticnervepain #spinepainwarrior #spinesurgeryrecovery #spinealsurgeryrecovery #fullrecovery</p>	<p>#houstonspinedoc #patientsatisfaction #spinesurgeryrecovery</p>	<p>#houstonspinedoc #testimonials #spinesurgery</p>	
Saturday 03/13				
Tags & #				
Sunday 03/14				
Tags & #				



Monday 03/15				
Tags & #				
Tuesday 03/16				
Tags & #				
Wednesday 03/17	<p>"Text Neck" is damaging your neck! People spend an average of 2 to 4 hours each day with their neck bent for texting, and all that extra weight adds up 🙄</p> <p>Hold your phone higher up to keep your neck in a neutral position, and take care of your spine health!</p> <p>Neck pain bothering you? Contact us today! 📞 (713) 650-6900 🌐 Link in bio!</p>	<p>"Text Neck" is damaging your neck! People spend an average of 2 to 4 hours each day with their neck bent for texting, and all that extra weight adds up 🙄</p> <p>Hold your phone higher up to keep your neck in a neutral position, and take care of your spine health!</p> <p>Neck pain bothering you? Contact us today! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>People spend an average of 2-4 hours each day with their neck bent for texting, and all that extra weight adds up. Hold your phone higher to keep your neck in a neutral position, and take care of your spine health!</p> <p>Neck pain? Contact us! 📞 (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 03/18				
Tags & #				
Friday 03/19	<p>Spine Trivia! Did you know that the first cervical vertebrae is called the Atlas? 🙄</p> <p>Much like mythological Atlas carrying the world on his shoulders, the Atlas vertebrae helps support and carry the weight of the head! 🌐</p>	<p>Spine Trivia! Did you know that the first cervical vertebrae is called the Atlas? 🙄</p> <p>Much like mythological Atlas carrying the world on his shoulders, the Atlas vertebrae helps support and carry the weight of the head! 🌐</p>	<p>Spine Trivia! Did you know that the first cervical vertebrae is called the Atlas? 🙄</p> <p>Much like mythological Atlas carrying the world on his shoulders, the Atlas vertebrae helps support and carry the weight of the head! 🌐</p>	
Tags & #	<p>#houstonspinedoc #spinalsurgeon #surgeon #trivia #spinefact #funfact #spinefact #greekmythology #spine #vertebrae #atlas #atlasvertebrae #spinal #neckpainsucks #neckpain</p>	<p>#houstonspinedoc #spinalsurgeon #spinefact</p>	<p>#houstonspinedoc #trivia #spinefact #spinefact</p>	
Saturday 03/20				
Tags & #				
Sunday 03/21				
Tags & #				



Monday 03/22						
Tags & #						
Tuesday 03/23						
Tags & #						
Wednesday 03/24	<p>Minimally Invasive Spine Fusion is a mending of the spine using two small poke-hole incisions. It is done in less time, and with less tissue damage, than traditional open spinal fusion surgery. Patients have a faster recovery time, and less pain.</p> <p>Swipe left to see one example of a Minimally Invasive Spinal Fusion →</p> <p>Contact us today for a consultation! 📞 (713) 650-6900 🌐 Link in bio!</p>	<p>Minimally Invasive Spine Fusion is a mending of the spine using two small poke-hole incisions. It is done in less time, and with less tissue damage, than traditional open spinal fusion surgery. Patients have a faster recovery time, and less pain.</p> <p>Swipe left to see one example of a Minimally Invasive Spinal Fusion →</p> <p>Contact us today for a consultation! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Minimally Invasive Spine Fusion is a mending of the spine using two small poke-hole incisions. It is done in less time, and with less tissue damage, than traditional open spinal fusion surgery. Patients have a faster recovery time, and less pain.</p> <p>Contact us today for a consultation! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>			
Tags & #	<p>#houstonspinedoc #spinehealth #minimallyinvasive #surgery #minimallyinvasivesurgery #MIS #backpainsucks #backpainrelief #spinepainrelief #neckpainrelief #neckpain #spinesurgery #spinalsurgeon</p>	<p>#houstonspinedoc #minimallyinvasivesurgery #spinalfusion</p>	<p>#houstonspinedoc #spinalfusion #spinesurgery</p>			
Thursday 03/25						
Tags & #						
Friday 03/26	<p>Dr. Navin Subramanian is passionate about what he does and the patients he helps. He 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.</p> <p>Contact Dr. Subramanian today for a consultation! 📞 (713) 650-6900 🌐 Link in bio!</p>	<p>Dr. Navin Subramanian is passionate about what he does and the patients he helps. He 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.</p> <p>Contact Dr. Subramanian today for a consultation! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Board Certified and Fellowship trained, Dr. Navin Subramanian specializes in Minimally Invasive Spine Surgery, Adult Lumbar and Cervical Disorders & Spine Trauma.</p> <p>Contact us today! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>			
Tags & #	<p>#houstonspinedoc #spinalsurgeon #surgeon #surgeonspotlight #orthopedics #surgeons #doctor #ortho #orthopaedics #spinesurgery #minimallyinvasive #spinedoc #orthopedicssurgery #necksurgery #backsurgery</p>	<p>#houstonspinedoc #spinalsurgeon #patientcare</p>	<p>#houstonspinedoc #spine #spinesurgery</p>			
Saturday 03/27						
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Sunday 03/28						
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Monday 03/29				
Tags & #				
Tuesday 03/30				
Tags & #				
Wednesday 03/31	<p>Uneven distribution of weight from your backpack is one of the most common causes of back and neck pain! 🚫</p> <p>Distribute the weight of your backpack evenly across both shoulders, and with the heaviest items in your bag at the bottom.</p> <p>Take care of your spine, it's the only one you've got!</p> <p>Contact us today! 📞 (713) 650-6900 🌐 Link in bio!</p>	<p>Uneven distribution of weight from your backpack is one of the most common causes of back and neck pain! 🚫</p> <p>Distribute the weight of your backpack evenly across both shoulders, and with the heaviest items in your bag at the bottom.</p> <p>Take care of your spine, it's the only one you've got!</p> <p>Contact us today! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Distribute the weight of your backpack evenly across both shoulders, and with the heaviest items in your bag at the bottom to prevent injury and alleviate back and neck pain.</p> <p>Take care of your spine, it's the only one you've got!</p> <p>Contact us today! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Spine Health</p> <p>When Wearing a Backpack</p> <p>NAVIN SUBRAMANIAN, M.D.</p>
Tags & #	<p>#houstonspinedoc #backpackpain #backpack #nomorebackpain #backpainsucks #neckpain #nomoreneckpain #spinehealth #wellnesswednesday #spinehealthtips #backpainrelief #spinepainrelief #neckpainrelief</p>	<p>#houstonspinedoc #wellnesswednesday #spinehealthtip</p>	<p>#houstonspinedoc #wellnesswednesday #spinehealth</p>	
Thursday 04/01				
Tags & #				
Friday 04/02	<p>Degenerative Disc Disease (DDD) of the intervertebral discs develops with age, but can also be affected by genetics, obesity, smoking, diet, and injury.</p> <p>Over time, discs become weak because of water content loss and thinning, changing the shape of the disc. This results in a change of spine structure, and can cause pain.</p> <p>Don't let pain keep you from the activities that you love. Contact us today for a consultation! 📞 (713) 650-6900 🌐 Link in bio!</p>	<p>Degenerative Disc Disease (DDD) of the intervertebral discs develops with age, but can also be affected by genetics, obesity, smoking, diet, and injury.</p> <p>Over time, discs become weak because of water content loss and thinning, changing the shape of the disc. This results in a change of spine structure, and can cause pain.</p> <p>Don't let pain keep you from the activities that you love. Contact us today for a consultation! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Over time, discs become weak because of water content loss and thinning, changing the shape of the disc. This results in a change of spine structure, and can cause pain.</p> <p>Contact us today for a consultation! 📞 (713) 650-6900 🌐 https://houstonspinedoc.com</p>	<p>Types of Disc Degeneration</p> <p>NAVIN SUBRAMANIAN, M.D.</p>
Tags & #	<p>#houstonspinedoc #spinehealth #degenerativedisease #degenerativediscs #bulgingdisc #herniateddisc #degenerativedisc #thinningdisc #discpain #spinefact #stemcells #healthyspine #spine #discproblems #spinesurgery</p>	<p>#houstonspinedoc #discpain #spinefact</p>	<p>#houstonspinedoc #spinehealth #discpain</p>	
Saturday 04/03				
Tags & #				
Sunday 04/04				
Tags & #				