



Monday 04/05	<p>"Text Neck" puts up to 60 lbs of pressure on your cervical spine (neck)! Protect your spine and prevent neck pain by keeping your head upright as you answer texts!</p> <p>Contact us today for a consultation!        (713) 650-6900        Link in bio!</p>	<p>"Text Neck" puts up to 60 lbs of pressure on your cervical spine (neck)! Protect your spine and prevent neck pain by keeping your head upright as you answer texts!</p> <p>Contact us today for a consultation!        (713) 650-6900  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></p>	<p>"Text Neck" puts up to 60 lbs of pressure on your cervical spine (neck)! Protect your spine and prevent neck pain by keeping your head upright as you answer texts!</p> <p>Contact us today for a consultation!        (713) 650-6900  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></p>	
Tags & #	<p>#houstonspinedoc #textneck #spinehealth #spinelove #spinalhealth #nomorebackpain #neckpainsucks #neckpain #healthyspine #spine #spinepainrelief #spinehealthtips #healthyspine #happyspine #spinalcare #spinemobility #holistichealth #holistic #healthyliving</p>	<p>#houstonspinedoc #textneck #neckpain</p>	<p>#houstonspinedoc #textneck #neckpain</p>	
Tuesday 04/06				
Tags & #				
Wednesday 04/07	<p>Improper form when lifting puts strain on the back, and can cause back pain and damage to the spine!</p> <p>Keep your back straight, and lift with your knees to protect your spine, and make it easier to lift the item!</p> <p>Contact us today for a consultation!        (713) 650-6900        Link in bio!</p>	<p>Improper form when lifting puts strain on the back, and can cause back pain and damage to the spine!</p> <p>Keep your back straight, and lift with your knees to protect your spine, and make it easier to lift the item!</p> <p>Contact us today for a consultation!        (713) 650-6900  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></p>	<p>Improper form when lifting puts strain on the back, and can cause back pain and damage to the spine!</p> <p>Keep your back straight, and lift with your knees to protect your spine, and make it easier to lift the item!</p> <p>Contact us today for a consultation!        (713) 650-6900  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></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 04/08				
Tags & #				
Friday 04/09				
Tags & #				
Saturday 04/10				
Tags & #				
Sunday 04/11				
Tags & #				

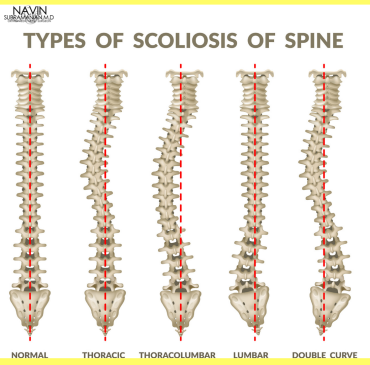
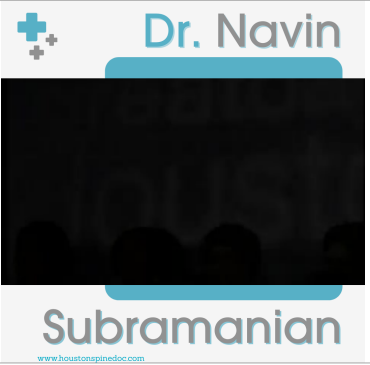


Monday 04/12			
Tags & #			
Tuesday 04/13			
Tags & #			
Wednesday 04/14	<p>Take care of your spine, it's the only one you've got! Try these gentle yoga stretches for your spine health.</p> <p>Always check with your doctor before starting any kind of exercise regimen.</p> <p>Contact us today to schedule a consultation!        (713) 650-6900        Link in bio!</p>	<p>Take care of your spine, it's the only one you've got! Try these gentle yoga stretches for your spine health.</p> <p>Always check with your doctor before starting any kind of exercise regimen.</p> <p>Contact us today for a consultation!        (713) 650-6900  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></p>	<p>Take care of your spine, it's the only one you've got! Try these gentle yoga stretches for your spine health. Always check with your doctor before starting any kind of exercise regimen.</p> <p>Contact us today for a consultation!        (713) 650-6900  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></p>
Tags & #	<p>#houstonspinedoc #spinehealth #wellnesswednesday #spinehealthtips #yogastretches #gentlestretching #spineexercises #spinehealthtips #spinelove #healthyspine #yogaworkout #wootd #yogalove #spine</p>	<p>#houstonspinedoc #wellnesswednesday #yogastretches</p>	<p>#houstonspinedoc #wellnesswednesday #yogastretches</p>
Thursday 04/15			
Tags & #			
Friday 04/16	<p>Thank you, Starlette, 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, Starlette, 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  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></p>	<p>Thank you, Starlette, 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  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></p>
Tags & #	<p>#houstonspinedoc #testimonials #reviews #customerappreciation #patientsatisfaction #spinehouston #spinedoc #backpainsucks #neckpainsucks #spinepainwarrior #spinesurgeryrecovery #spinealsurgeryrecovery #fullrecovery</p>	<p>#houstonspinedoc #patientsatisfaction #spinesurgeryrecovery</p>	<p>#houstonspinedoc #testimonials #spinesurgery</p>
Saturday 04/17			
Tags & #			
Sunday 04/18			
Tags & #			



Monday 04/19				
Tags & #				
Tuesday 04/20				
Tags & #				
Wednesday 04/21	<p>Approximately 8 out of 10 Americans will suffer from back pain during their lives, and the most common cause is automobile accidents. Try these workouts to strengthen your back and protect your spine!</p> <p>Always check with your doctor before beginning any kind of exercise regimen.</p> <p>Contact us today to schedule a consultation!        (713) 650-6900        Link in bio!</p>	<p>Approximately 8 out of 10 Americans will suffer from back pain during their lives, and the most common cause is automobile accidents. Try these workouts to strengthen your back and protect your spine!</p> <p>Always check with your doctor before beginning any kind of exercise regimen.</p> <p>Contact us today for a consultation!        (713) 650-6900  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></p>	<p>The most common cause of back pain the USA is car accidents! Try these workouts to strengthen your back and protect your spine! Always check with your doctor before beginning any kind of exercise regimen.</p> <p>Contact us today for a consultation!        (713) 650-6900  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></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 04/22				
Tags & #				
Friday 04/23	<p>Keep your spine straight when holding your baby. It may be tempting to lean to the side and put them on your hip, but the long-term effects of incorrect spine alignment may cause pain and spine damage!</p> <p>Contact us today to schedule a consultation!        (713) 650-6900        Link in bio!</p>	<p>Keep your spine straight when holding your baby. It may be tempting to lean to the side and put them on your hip, but the long-term effects of incorrect spine alignment may cause pain and spine damage!</p> <p>Contact us today for a consultation!        (713) 650-6900  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></p>	<p>Keep your spine straight when holding your baby. It may be tempting to lean to the side and put them on your hip, but the long-term effects of incorrect spine alignment may cause pain and spine damage!</p> <p>Contact us today for a consultation!        (713) 650-6900  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></p>	
Tags & #	<p>#houstonspinedoc #spinalsurgeon #surgeon #spinehealth #pregnancyspine #babyweight #pregnancy #toddler #maternalhealth #healthymommy #mommyhealth #mommyhack #momhack #spinecare #spine</p>	<p>#houstonspinedoc #spinehealth #pregnancyspine</p>	<p>#houstonspinedoc #spine #pregnancy</p>	
Saturday 04/24				
Tags & #				
Sunday 04/25				
Tags & #				



Monday 04/26			
Tags & #			
Tuesday 04/27			
Tags & #			
Wednesday 04/28	<p>Scoliosis is an abnormal lateral curvature of the spine. It often occurs during puberty, but curvatures of the spine can go unnoticed well into adulthood, causing lung and heart damage and back problems.</p> <p>Contact us today to schedule a consultation!        (713) 650-6900  <a href="#">Link in bio!</a></p>	<p>Scoliosis is an abnormal lateral curvature of the spine. It often occurs during puberty, but curvatures of the spine can go unnoticed well into adulthood, causing lung and heart damage and back problems.</p> <p>Contact us today to schedule a consultation!        (713) 650-6900  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></p>	<p>Scoliosis is an abnormal lateral curvature of the spine. It often occurs during puberty, but curvatures of the spine can go unnoticed well into adulthood, causing lung and heart damage and back problems.</p> <p>Contact us today to schedule a consultation!        (713) 650-6900  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></p> 
Tags & #	<p>#houstonspinedoc #spinehealth #scoliosis #scoliosiswarrior #curvedspine #typesofscoliosis #spinewarrior #spinehealth #spine #scoliosisawareness #scoliosisproblems #spinecurvature #conditionsofthespine #diseasesofthespine</p>	<p>#houstonspinedoc #scoliosis #curvedspine</p>	<p>#houstonspinedoc #scoliosis #spine</p>
Thursday 04/29			
Tags & #			
Friday 04/30	<p>Watch Great Day Houston, KHOU-TV's local talk show, as Dr. Subramanian the "Houston Spine Doctor" discusses minimal invasive surgery.</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 &amp; 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  <a href="#">Link in bio!</a></p>	<p>Watch Great Day Houston, KHOU-TV's local talk show, as Dr. Subramanian the "Houston Spine Doctor" discusses minimal invasive surgery.</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 &amp; 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  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></p>	<p>Watch Great Day Houston, KHOU-TV's local talk show, as Dr. Subramanian the "Houston Spine Doctor" discusses minimal invasive surgery.</p> <p>Contact us today!        (713) 650-6900  <a href="https://houstonspinedoc.com">https://houstonspinedoc.com</a></p> 
Tags & #	<p>#houstonspinedoc #spinalsurgeon #surgeon #surgeonspotlight #orthopedics #surgeons #doctor #ortho #orthopaedics #spinesurgery #minimallyinvasive #spinedoc #orthopedicssurgery #necksurgery #backsurgery #khou #greatdayhouston #inthepress</p>	<p>#houstonspinedoc #spinalsurgeon #patientcare</p>	<p>#houstonspinedoc #spine #spinesurgery</p>
Saturday 05/01			
Tags & #			
Sunday 05/02			
Tags & #			