

Hot Topic Questions for Your Trusted Medical Professional

A good Doctor will NEVER be upset about you asking questions. Regardless of how many you have.

-General Questions

-What is the cause of said diagnosis? (herniation, bulge, degeneration)

-How will this medication fix my root cause?

-Since some spine abnormalities are normal for an aging spine, how are you measuring mine being problematic?

-Do you believe that poor posture, habits, and movement mechanics could have caused this issue? If yes, wouldn't spending time fixing these be more beneficial to me than just treating the end results (herniation, bulge, etc.)?

FITNESS BACK PAIN

-Questions for Physical Therapist, Physiotherapist Chiropractor.

-What specifically will these exercises do to fix what I have going on?
What are they correcting?

-What is your treatment philosophy? *You want someone who cares just as much about your posture, daily habits, and movement mechanics as they do you doing the stretches they provide.

-What experience do you have in treating my specific situation?

-Aside from stretches and exercises can you analyze my movement mechanics and tell me what I am doing wrong and what I should do to fix it?

FITNESS BACK PAIN

-Why are you prescribing these specific exercises and how do they apply to my situation?

-Given my diagnosis, what specific movements\activities should I stay away from while I heal?

Questions/Tips regarding talking to your surgeon

Focus more on talking to the nurses and Physical Therapists at the hospital to see which surgeon has the highest success rate.

If you "cut out or fuse" my spine how will that keep me from generating more abnormalities later?

Ask questions around other patients "**long-term**" **success rates**. Short-term success rate is not concrete and can change within days, weeks or months.

Ask the surgeon how many times he/she has done these specific procedure. The more times he/she has done the procedure the better.

FITNESS BACK PAIN

If he/she is talking multi level fusions ask why compared to just one or two levels. If he is hell bent on a multi level fusion, get a second and third opinion elsewhere.

Your doctor should always give you multiple options when it comes to your treatment along with the risk/reward of each one. If all they give is one (surgery), search elsewhere.

Don't be a guinea pig. If this is a "first attempt" for the doctor, don't let it be on you.

Repeat surgeries should be avoided at all costs. Most repeat surgeries happen because the first one shouldn't have been done in the first place.

*The surgery section to this print off was taken from Dr. Stuart McGills book *Back Mechanic*.