Dr. MaryBeth Horodyski, Ed.D., ATC, LAT, FNATA was recently featured in both the August and September 2017 editions of Oprah Magazine.

In the August 2017 edition, Dr. Horodyski discussed the benefits of exercise for helping relieve low back pain:

"Even if physical activity is what hurt your back, it's likely one of the best ways to heal it. "You might find something else to help you feel better, but if you don't solve the issue, the pain is likely to return," says MaryBeth Horodyski, former National Athletic Trainers' Association vice president and a professor in the Department of Orthopaedics and Rehabilitation at the University of Florida. It's difficult to do large studies on exercise that rule out other factors (like medication, physical condition, and motivation), so scientists haven't been able to definitively say that exercise is the best treatment for all cases of low-back pain."
Dr. Horodyski featured in Oprah Magazine.
Published on Department of Orthopaedics and Rehabilitation » College of Medicine » University of Florida (http://www.ortho.ufl.edu)

You can read the whole article and its recommendations about exercise and low back pack online:

- [Studies Show Exercise Is Surprisingly Good For Back Pain](http://www.oprah.com/health_wellness/benefits-of-exercise-for-back-pain)

In the September 2017 edition, Dr. Horodyski discussed the that while doctors are performing hip and knee replacements in younger patients, other options such as weight loss could alleviate the need for those surgical procedures in some cases:

"Even a small amount of weight loss can lessen force on the joints, points out MaryBeth Horodyski, former vice president of the National Athletic Trainers’ Association and professor of orthopedics and rehabilitation at the University of Florida. In some cases, this alone can ease the pain enough to make a replacement unnecessary."

You can read the whole article and its recommendations regarding hip and knee replacement surgery online:

- [Hip and Knee Replacement Patients Are Getting Younger](http://www.oprah.com/health_wellness/hip-and-knee-replacements-for-younger-people_2)


Links: