



NEW YORK STATE SENATOR

Joseph P. Addabbo Jr.

## Addabbo Hosts Spine Health Awareness Month Event Featuring Expert Insights and Practical Tips for a Healthier Back

JOSEPH P. ADDABBO JR. October 22, 2024



Staff from Northwell Health Long Island Jewish Forest Hills.

In recognition of Spine Health Awareness Month, Senator Joseph P. Addabbo, Jr. hosted an informative and engaging health event on October 17, 2024, at the Brewery Keenan Heiser Post 1815 in Glendale after the Glendale Property Owners Association meeting.

The event featuring renowned spine health expert Dr. Hiroyuki Yoshihara from Northwell Long Island Jewish Forest Hills. The event aimed to raise awareness about the importance of

spine health, focusing on cervical and lumbar spine health, and included demonstrations from local physical therapists on exercises to promote a healthier back.

"Spine health is a crucial component of overall well-being," Addabbo said. "With nearly 80% of Americans experiencing back pain at some point in their lives, it's vital that we come together to educate our community on prevention, treatment, and maintaining a healthy spine."

Dr. Yoshihara gave a presentation about conditions affecting the cervical spine and lumbar spine. The cervical spine is crucial for protecting the major vessels and the spinal cord. It supports the head's weight and allows for a wide range of movements such as flexion, extension, rotation and lateral bending. The cervical spine can be affected by diseases such as Cervical Degenerative Disc Disease, Cervical Disc Herniation, and Cervical Spondylosism.

The lumbar spine affects the lower back and leg movement, Dr. Yoshihara explained. He said its primary functions include supporting upper body weight, allowing flexibility and movement, such as flexion, extension, rotation, and lateral bending. Lumbar Spine diseases can include Lumbar Disc Herniation, Lumbar Spinal Stenosis, and Lumbar Spondylolisthesis.

Dr. Yoshihara also passed around a 3-D model of the spine for attendees to examine as well as a model of a vertebrae with a bulging disc. He said that understanding the anatomy of the spine and recognizing the early signs of distress can significantly improve quality of life. He also recommended extended physical therapy over surgery to correct conditions if possible.

Senator Addabbo emphasized the importance of early intervention and preventative care, stating, "By empowering our constituents with knowledge and practical tools, we can help reduce the burden of spinal disorders and improve the quality of life for many."

The event also featured interactive demonstrations led by certified physical therapists, who guided attendees through exercises designed to enhance flexibility, strengthen core muscles, and promote proper posture. Simple exercises can make a big difference, noted Amanda Kaufman, DPT- Supervisor, Rehabilitation Services S.T.A.R.S., adding that Incorporating these movements into a daily routine can help prevent injuries and alleviate existing discomfort.

Attendees left with valuable resources, including informational brochures on spine health, exercise routines, and contact information for local health services. The senator's office also announced plans to collaborate with healthcare providers and community organizations to offer more educational programs on health in the future.

"As an orthopedic spine surgeon, I find immense joy in educating people about spinal health and alleviating their concerns, Dr. Yoshihara said. "It's incredibly rewarding to connect with the community, sharing knowledge that empowers them to take control of their well-being. Together, we can provide the support needed to foster healthier, more active lives."