

From: Dr. Sean McCance <[REDACTED]>

To: <jeevacation@gmail.com>

Subject: April Newsletter from the Office of Dr. Sean McCance

Date: Mon, 04 Apr 2016 16:24:25 +0000

The latest news and updates from the office of Dr. Sean McCance, orthopaedic spine surgeon.

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Hello and welcome spring!

With the spring equinox and daylight saving time already behind us, we are beginning to enjoy longer days and the desire to get outside and moving once again. Springtime is a wonderful opportunity to reinvigorate healthy practices, whether it be cooking at home more often or renewing your fitness routine. I have shared some ideas on how to jumpstart your workouts, especially if you currently suffer from or are looking to prevent back pain, on my [Facebook page](#) and [blog](#).

I have recently had the honor and privilege of being selected to [Castle Connolly's](#) list of 2016 Top Doctors, America's Top Doctors, and New York Metro Area Top Doctors, the authoritative guides to finding the top primary care and specialty care doctors around the country. If you are interested in learning more about how Castle Connolly identifies its physicians, or would like to find a leading healthcare provider, you can use their [website index](#). Thank you, Castle Connolly, for awarding me this recognition once more.

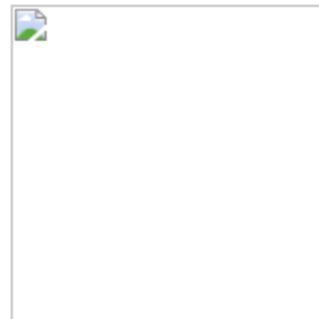
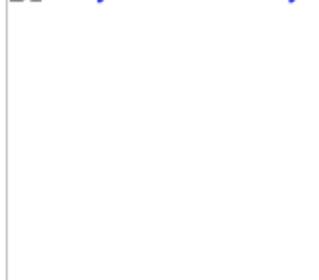
As always, if you are experiencing back pain or have questions or concerns regarding your overall spine health, please call our office at (212) 360-6500.

Sincerely,
Dr. Sean McCance

 [From the blog: Back Pain and Depression](#)



 [Larry's Patient Story](#)



New on the Blog

We've shown you alternative pain management strategies for mitigating chronic back pain, such as [Ayurvedic techniques](#) and [mindful meditation](#), the correct way to [stretch before exercising](#), and [why we shrink as we age](#), [among others](#).

Larry's Story

Read about Larry, a patient of mine's [experience](#) with a multi-level lumbar fusion for chronic low back pain, and his new life golfing with friends now that he is pain free. If you have a similar experience you would like to share, [contact my office](#). It would be great to hear from you!

Share Your Experience with Others

Did you have a great experience in my office? My staff and I would so appreciate it if you left a review on [RateMDs](#) or [Vitals](#), as we know many prospective patients read these reviews!

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