

**From:** Dr. Sean McCance <[REDACTED]>

**To:** <jeevacation@gmail.com>

**Subject:** Dr. Sean McCance August Newsletter

**Date:** Tue, 26 Aug 2014 15:46:21 +0000

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

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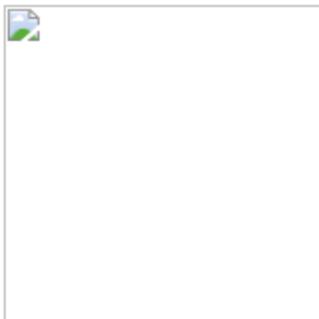
Hello! I hope you have enjoyed a beautiful and relaxing summer!

Staying healthy in the summer can sometimes be a challenge for families due to high temperatures, kids out of school, or vacation indulgence. All summer long, I've been sharing great healthy living tips on my [on my Facebook page](#) and in my weekly [blog posts](#), and will continue to do so into the fall!

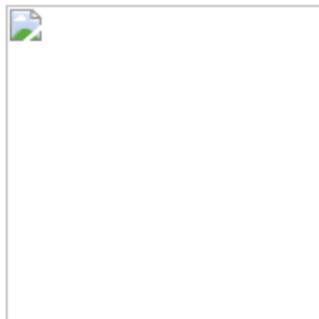
Over the last couple of months, I've covered a wide range of topics on the blog, including how swimming can help [relieve back pain](#), Neymar's World Cup-ending [vertebra fracture](#), and tips for [improving your posture](#) in just one blog post! I've also shared posts that will interest many patients including how to [stay safe](#) while exercising and how too much time in front of the TV can be [detrimental to teens](#). To stay on top of the latest, [like us on Facebook](#).

As always, we are here to assist you with all of your spine care needs. To schedule an appointment, please call the office at (212) 360-6500.

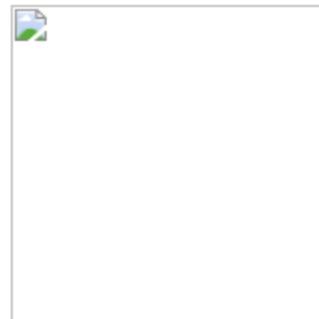
Sincerely,  
Dr. Sean McCance



**From Scoliosis to the Marines:**



**New York Magazine's**



**Fitness Motivation**

## Manny Rivas's Inspiring Story

This past month, I was honored to share the [incredible story](#) of my patient Manuel Rivas. After undergoing a spinal fusion for a 53-degree curvature at the age of 13, he is enlisting in the Marines! Thank you to Manny for sharing your inspiring story and for your bravery!

## Best Doctors 2014

I am honored to be included in [New York Magazine's](#) Best Doctors for the third year in a row. I am so grateful to *New York Magazine* and to my wonderful, enthusiastic patients for this distinction.

## from Celebrity Trainer David Kirsch

We were thrilled to have celebrity personal trainer [David Kirsch](#) share his knowledge to get us motivated. These helpful tips can help us stay in shape well into the fall!

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