

# Physiotherapy to treat and prevent back pain

Back pain can have many causes, such as a pulled back muscle, disc problems, arthritis, or sacroiliac joint dysfunction, ligament sprain or strain. This misalignment causes increased wear and tear on the joints, muscles, and ligaments — even the discs.

The most important thing to understand any back pain is — barring trauma, it does not happen overnight. You may be symptomatic very quickly, but it takes a long time for the condition to get to the point where your back finally gives way and becomes painful.

Back pain is often triggered by some combination of over-use, muscle strain or injury to the muscles and ligaments that support the spine.

Back pain that causes loss of bowel or bladder control is deemed a medical emergency.

Think through your daily activities and change those may cause back pain. Your list might include lifting a small child throughout the day, a long commute to work, sitting in front of

a computer all day, wearing high-heeled shoes, or doing yard work or landscaping work.

Many people, who have low back pain, or leg pain from a low back problem, notice that the pain interferes with sexual activity.

Physical therapists usually offer spinal mobilisation, hot packs, ultrasound, IFT, electrical stimulation, and therapeutic exercises, myofascial release, manipulation therapy, decompression therapy.

The use of ice (first 48 hrs) and or heat (after 48 hrs) can help control inflammation, pain and stiffness.

The most important thing to address back pain is muscle imbalance. While there are many things that cause or contribute to back pain, muscle imbalances are the biggest physical cause as they pull your body out of alignment.

The good news is muscle imbalances are relatively easy to identify and address. Once you know which imbalances you



have, you then can correct the imbalances by performing the right combination of corrective exercise and staying active may relieve back pain and can help speed your recovery. Stretching and strengthening your stomach, back, and leg muscles helps make them less susceptible to injury that can cause back pain. Strong stomach, back, and leg muscles also better support your spine, reducing pressure on your spinal discs. This may help prevent

disc injury. Aerobic exercises — such as walking, swimming, or walking in waist-deep water — also help you maintain a healthy back. Talk to your physical therapist before you start an exercise programme. Research has shown that it is difficult to prevent back pain completely, but there are a number of things you can do to:

- Reduce the risks of developing back pain, and
- Reduce the impact back pain

has on your life when back pain does occur.

Besides using these activities to keep your back fit and healthy, your mind and the rest of your body will also experience the benefits.

A healthy diet and drinking sufficient water is important for everyone, including people with back pain. It has been suggested that drinking sufficient water is important to keep the intervertebral discs hydrated. Over weight should be reduced.

Surgery should always be your last option and should only be considered if the severity of your condition warrants it.

People with back pain taking pain killer should discontinue. Pain killer may harm your stomach creating ulceration, kidney failure, cardiac disease, liver damage occur due to pain killer. So stop painkiller intake much.

The write up is compiled by Dr Md Shafiqullah Prodhon, Chairman & Chief Consultant of Dhaka Pain Physiotherapy & Rehabilitation Center (DPRC).

## MALNUTRITION!



### Obesity bigger health crisis than hunger

Obesity is a bigger health crisis globally than hunger, and the leading cause of disabilities around the world, according to a report published in the British medical journal The Lancet.

Nearly 500 researchers from 50 countries compared health data from 1990 through 2010 for the Global Burden of Disease report, revealing what they call a massive shift in global health trends.

The researchers discovered that there is been a huge shift in mortality. Kids who used to die from infectious disease are now doing extremely well with immunisation.

The report revealed that every country, with the exception of those in sub-Saharan Africa, faces alarming obesity rates — an increase of 82% globally in the past two decades. Middle Eastern countries are more obese than ever, seeing a 100% increase since 1990.

Changes in the lifestyle and unhygienic food intake play a big role here. The health burden from high body mass indexes now exceeds that due to hunger, according to the report.

It is the high time to address the neglected global epidemic- obesity. If we could lower the obesity rates, we would see the numbers of non-communicable diseases (NCDs) and pain decrease as well.

NCDs will cost more than \$30 trillion over the next 20 years, according to a 2011 report by the World Economic Forum and Harvard School of Public Health. They estimate an additional \$16 trillion will be spent on mental health conditions — costs that could push millions of people into poverty, economists say.

Experts urged policymakers to pay attention to intervene in this rising trend.

Source: CNN

## HEALTH bulletin



### Aerobic exercise seems best for weight, fat loss

If you want to burn fat and lose weight, aerobic exercise beats resistance training, a new study published in the Journal of Applied Physiology says.

### Every school needs a doctor, paediatricians say

Despite no federal or uniform state requirements to do so, all school districts should have a doctor to oversee school health services, according to a policy statement from a group of American paediatricians.

## Demystifying the myths about Asthma

Asthma is a disease for centuries and a widespread illness. Despite this prevalence, knowledge to cope with the disease, asthma is still mystified with various misconceptions. The following are some common myths and truth behind.

**Myth:** Asthma is curable.

**Truth:** Asthma is a chronic and incurable disease. But with medication and precaution it is quiet manageable condition. Many people try herbal medicine or alternative medicine with a false believe that they can cure asthma. So, the best way is people should accept the condition and try keeping it under his/her control.

**Myth:** Sports are a strict no-no with asthma.

**Truth:** There is no need to keep your child away from sports if your kid is asthmatic. Taking part in sports and games can neither worsen nor improve asthma. Many Olympic athletes and even swimmers had asthma.

**Myth:** without medicine, my lungs can grow tough and becomes immune to asthma.

**Truth:** If you go without medicine, you will only suffer. It will



worsen your conditions, and that can be fatal. There is no possibility and no medical history till date that a person's lungs have become tough due to avoidance of medicines. So, give in to the medicines but not the disease!

**Myth:** Asthma drugs are addictive.

**Truth:** In fact, they are not addictive. As asthma is a chronic condition, patients may need to take medication to control attack. It is not because they are addicted to

the medication.

**Myth:** When I feel fine and have no symptoms — it is because the asthma has gone away.

**Truth:** You still have asthma even when you feel fine and have no symptoms.

**Myth:** If my child has asthma, s/he should not be allowed to play like other kids and should not take gym class or play sports.

**Truth:** All kids need to play and exercise to be healthy. Kids with asthma can play, take gym class and play sports, but may need to take medication before they play.

**Myth:** Asthma is a psychological disease.

**Truth:** It is not a psychological disease and emotions or hormonal problem has nothing to do with it. It is caused when the inner walls of the lungs get inflamed due to allergic reactions or excessive secretion of mucus. This can be prevented by proper medication and asthma management programme.

The write up is compiled by Dr Mohammad Azizur Rahman, Consultant Pulmonologist, Ashiyan Medical College Hospital. Email: mohammadrahmandr@gmail.com

## Knowing for better living

### 7 serious symptoms in children to never ignore !

1. High fever
2. Skin infections or rashes
3. Frequent sore throats
4. Breathing problems
5. Severe stomach bug
6. Stiff neck
7. Sleep problems or change in behaviour

- Ensure healthy foods for children
- Ensure enough sleep and exercise
- Ensure child's physical, mental & social well-being
- Keep children safe



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