

Learn to be Good to Your Back and Your Back Will be Good to You!



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Editorial

Back and neck pain is one of the most common reason for sick leaves. Each one of us had this problem some or other time. Statistic states that 50 percent of the working population suffers from this element once in a year. Lifting heavy weight, sitting on stiff backed chairs in office, bean bags, prolonged driving, abnormal sitting postures, use of thick pillow can leads to back and neck pain.

Have you ever heard have a Back or neck transplant? We haven't either. Since you only have one spine take of it daily.

Spine Care includes:

- A. Proper Back Support: One must sit on a chair that has proper back support with hips all the way behind and legs supported flat on the floor. This will ensure that pressure is distributed equally throughout the spine.
- B. Reduce stress on the spine: Keep object closer to your body while lifting. Bend the knee while lifting avoiding stress on spine.
- C. Avoid carrying heavy bags: This Creates a lot of pressure on the shoulder and back. One should adjust straps to make sure that it does not sag down to hips.
- D. Stretching and strengthening of muscles: Root cause for back and neck pain are weak spinal muscles. Do few

stretching exercise daily. Take breaks, avoiding prolong sitting. Gym-goers should always begins their workout with warm up and end with cool down exercises. Don't do high-end activities with weak muscles.

Management of Low back pain involves many specialties – neurosurgeons, orthopedist, physiatrist, physiotherapist – everyone with different knowledge and experience, which all play an equally important role [1]. Realizing the need for

creating awareness about Spine problems and Spinal Cord Injury and the fact that Spinal Cord injury can lead to a fully inclusive life if managed appropriately, International Spinal Cord Society has decided to launch an international campaign to observe 5th September as a SCI day [2].

Always remember

"If the wheels are misaligned, premature wear and tear of car's tires occurs, same holds true for human body if the spine misaligned"

References

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