Steps to freedom from back pain

Chronic lower back pain is a serious condition and can significantly hamper the quality of life for sufferers. Some lifestyle and preventive practices can help.

New Delhi, Dec 23, 2016: The level of quality of life of those suffering from chronic back pain is a serious issue of concern at the global scale, as well as in our country. In India, 60% of population has suffered from lower back pain at some point in their lives.

Low back pain limits mobility, restricts movement and interferes with normal functioning. For some patients the condition can get so severe that it can lead to lifelong pain and permanent disability. Some approaches can be adopted to reduce the severity of or cure chronic back pain.

Padma Shri Awardee Dr. K.K Aggarwal, President Heart Care Foundation of India (HCFI) and National President Elect Indian Medical Association (IMA), stated that, “First and foremost, it is important to lose weight. The heavier you are, the greater the load your spine must carry. To make matters worse, if the bulk of your weight comes in the form of abdominal fat, rather than muscle, your center of gravity can shift forward — a condition that puts added pressure on your back. Staying fit and maintaining the optimal weight come next. Stretching and strengthening both your back and abdominal muscles is important. A stretching and strengthening regimen should target the back, abdominal, and buttock muscles. Bicycling (either stationary or regular), swimming, and walking lead the list of low–risk, high–benefit activities for the back”.

For chronic back pain sufferers, it is advisable to quit smoking. Nicotine in cigarettes contributes to low back pain in two ways. First, nicotine hampers the flow of blood to the vertebrae and disks. This impairs their function and may trigger a bout of back pain. Second, smokers tend to lose bone faster than nonsmokers, putting them at greater risk for osteoporosis, another common cause of back pain.

“Back pain incidences are also becoming increasingly common in children and adolescents. A survey by the American Academy of Orthopaedic Surgeons found that nearly 60% of the doctors responding had treated school–age patients complaining of back and shoulder pain caused by heavy backpacks. Some precautionary measures for school children include- using both of the pack’s straps instead of slinging one strap over a shoulder, carrying only the essentials, lightening your load whenever possible, and opting for backpacks that have wide straps and different–sized compartments to help distribute weight evenly”, added Dr. K.K Aggarwal.

Follow are some back- healthy habits:

• While standing to perform ordinary tasks like ironing or folding laundry, keep one foot on a small step stool.
• Don’t remain sitting or standing in the same position for too long. Stretch, shift your position, or take a short walk when you can.
• When bending from the waist, always use your hands to support yourself.
• When sitting, keep your knees a bit higher than your hips and bend them at a 90-degree angle. Sit with your feet comfortably on the floor. If your feet don’t reach the floor, put a book or a small stool under them.

• Because vacuuming can take a toll on your back, tackle rooms in chunks, spending no more than five to 10 minutes at a time doing this task.

Statistics:

http://www.indianjpain.org/article.asp?issn=0970-5333;year=2016;volume=30;issue=2;spage=111;epage=115;aulast=Ahdhi

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About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

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