

SPINE

INJURIES

FACTORS AND PREVENTION

Backpain



2nd

most common symptom that people present to a doctor

3rd

most common cause of surgeries worldwide

5th

most common causes for hospitalization

A Painful Fact



8 out of **10** people suffer from back pain at some point in their lives

WHAT IS SPINE INJURY?

- A damage to any part of the spinal cord or nerves at the end of the spinal canal.
- Causes permanent changes in strength, sensation and other body functions below the site of injury.

SPINE INJURY - PARTS AFFECTED

Injuries to the spine can occur at every microlevel in several places within the spine

Ligaments

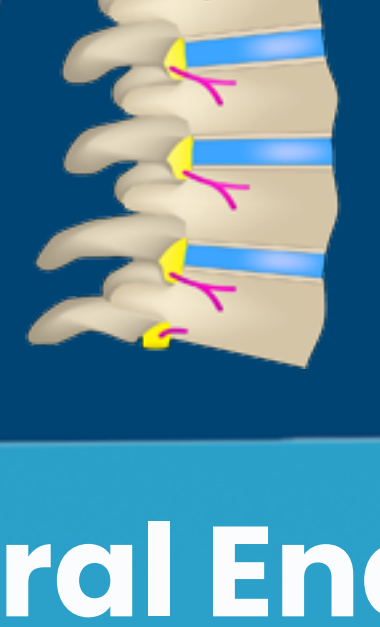
Joints



Bones



Discs



Muscles



Vertebral End Plates

FACTORS AFFECTING YOUR SPINE

95% of our back problems are due to mechanical strain due to erratic lifestyle

Common Causes

Lifting

1. Lifting more than 5-7 kg
2. Bending and lifting things



In Children

Heavy School Bags

Causes repetitive trauma to the back in children



In Women

Heavy Hand Bags

Cause pain in shoulders and back.



Lifestyle

Bad Diet and lack of exercise, Smoking



High Heeled Footwear

Prolonged usage impacts spine wellness



Sports

Injuries caused by active sports



Ageing

1. Sedentary lifestyle
2. Less exposure to sunlight.
3. Osteoporosis due to deficient Calcium and Vit D



TIPS TO AVOID EXCESS STRESS TO SPINE



Lifting

1. Lifting over shoulder or head.
2. Lifting straight up from the floor



1. Squat and lift
2. Back straight while lifting
3. Bend your knees while lifting



Sitting

1. Slouching
2. Head tilted forward
3. Prolonged Sitting



1. Arm & Seat height at correct level
2. Sit upright
3. Elbows, Knees, Hips, at 90



Standing

1. Hunched over
2. Prolonged Standing



1. Spine in neutral position
2. Feet - shoulder width apart
3. Back slightly arched



Using mobile phones

1. Head tilted while talking
2. Holding in same position for long



1. Correct head position
2. Using handsfree /Bluetooth
3. Less time on phone



HEALTHY LIFE STYLE - HEALTHY SPINE

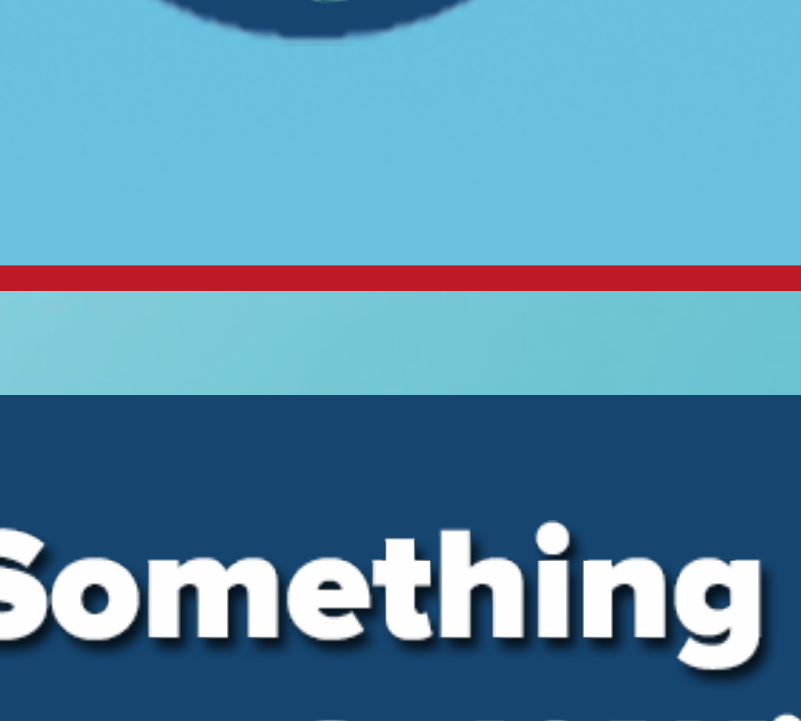
Maintain healthy weight



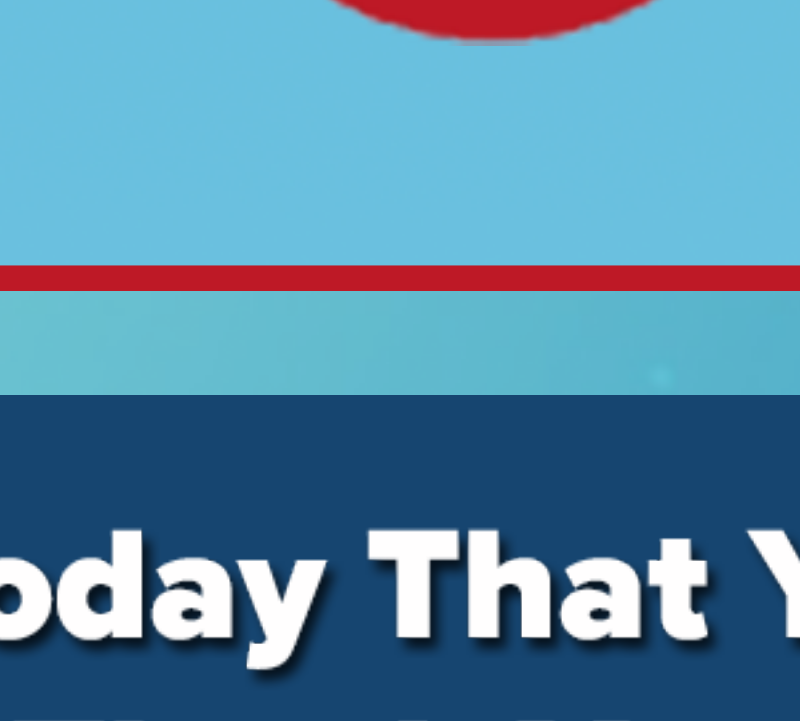
Quit smoking



Exercise regularly



Eat proper Balanced diet



Do Something Today That Your Future Self Will Thank You For

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