

# SPINE

# INJURIES

## FACTORS AND

## PREVENTION

### Backpain

**2nd**

most common symptom that people present to a doctor

**3rd**

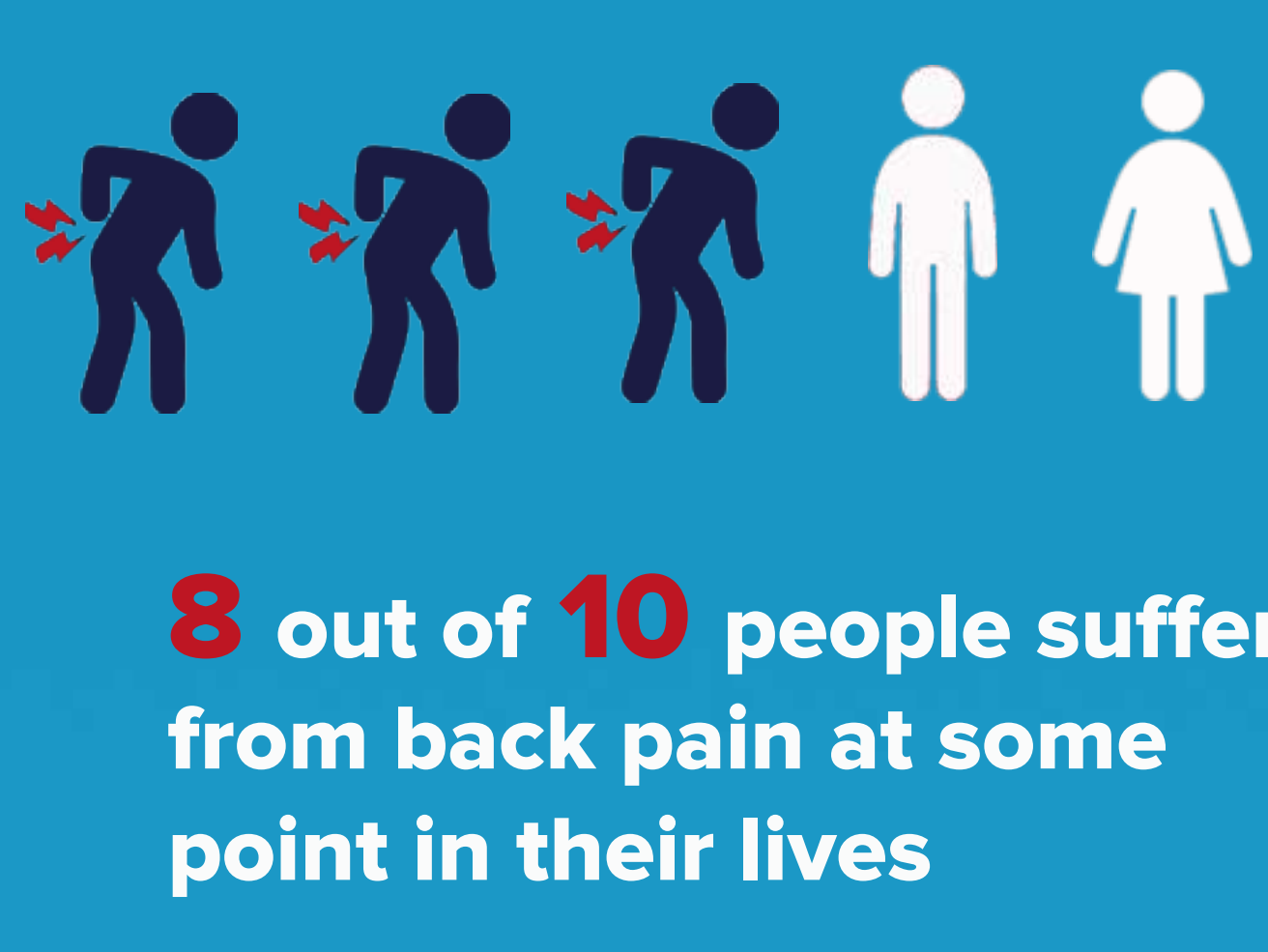
most common cause of surgeries worldwide

**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?

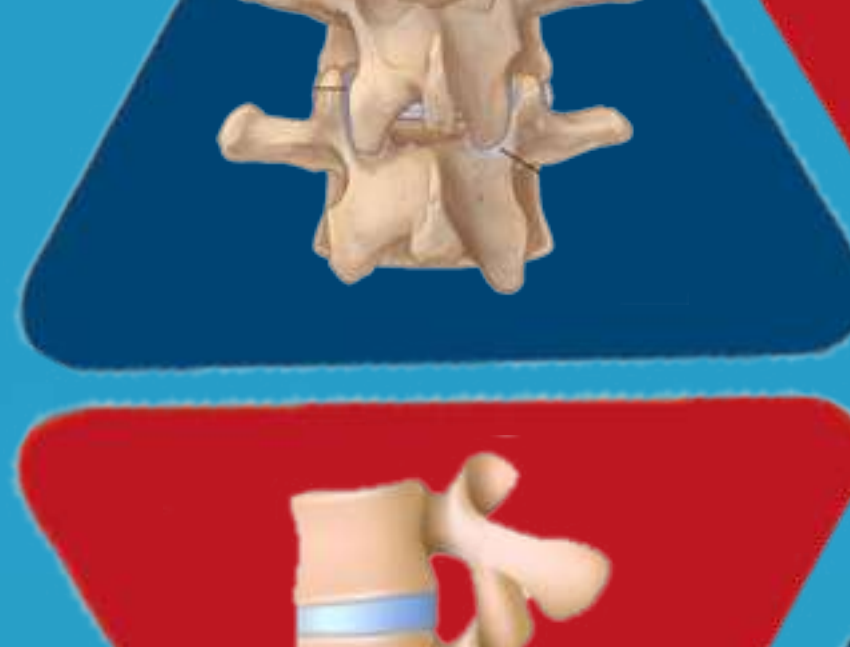
- A damage to any part of the spinal cord or nerves at the end of the spinal canal.
- Causes permanent changes in strength, sensation and other body functions below the site of injury.

## SPINE INJURY - PARTS AFFECTED

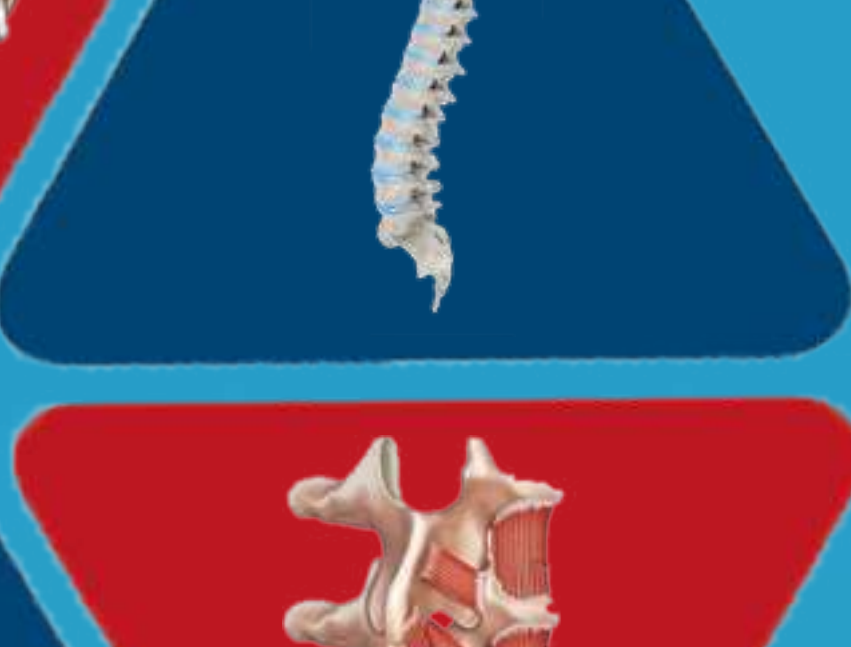
Injuries to the spine can occur at every microlevel in several places within the spine

### 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**

For Comprehensive Spine & Neurosurgeon Services in Chennai

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