

MOVEMENT & RECOVERY

a ReLiva Physiotherapy monthly newsletter

www.reliva.in

Issue 7 / February, 2018



Dear Reader,

As we see more and more patients for aches and pains, we have realized that back and neck pain top the list of pains among younger population.

It is easy to guess that this is largely owing to their demanding work schedule. The complications include back pain, spinal dysfunction, rounded shoulders and a potbelly. Apart from prescribing them exercises to relieve pain, our physiotherapists often include suggestions to improve posture, regular stretching, ergonomic furniture and paying attention to the way the body feels.

In this issue, we write about neck pain and brush up your memory about the concept of Ergonomics.

Editorial Team,
ReLiva Physiotherapy & Rehab

NECK PAIN



Neck pain is a common problem affecting 10-15% of the population at any one time. Neck pain can cause significant trouble specially when you begin to face issues with neck movement (it is hard to look over your shoulder) or when there is a constant throbbing in the neck. Some severe neck pain cases may even notice a "grinding" sound while turning the head.

It is important to understand that head is a heavy part of your body and remains balanced on a narrow support made up of seven bones (vertebrae). These vertebrae are separated from each other by soft pads or discs, stabilised or held together by joints and ligaments and moved by muscles. Since the neck is so mobile, it is susceptible to easy damage.

What may be causing the neck pain?

Any or all of these incidents of neck pain could be owing to any of the following causes:

- Degenerative neck disease
- Radiculopathy
- Poor posture
- Injury
- Muscle strain
- Mechanical neck pain
- Cervical spondylosis
- Tension and stress

A Physiotherapist can provide an assessment or examination to help determine the source of pain and its behaviour in the body. Your treatment may involve:

- Strengthening, stabilizing, range of motion and stretching exercises
- Soft tissue massage
- Joint mobilisation techniques
- Postural re-education
- Neural tissue mobilisation techniques
- Trigger point therapy
- Manipulation
- Ergonomic advice and recommendations for activity modifications

Find simple neck exercises at:

<http://reliva.in/physio-knowledge-center/5-minute-office-stretch-back-neck-pain/>



PATIENT SPEAK

Effective and sustainable recovery of our patients has always been our goal. Here is a recent feedback...

"I came to ReLiva for treatment of acute spondylosis of neck. As the name suggests, very rightly, it relieved my pain and it has revitalized me. I really thank Dr. Swapnaja Joshi and ReLiva clinic for handling my problem efficiently and treating me so well. Thanks again."

- Prakash Deshmukh

ReLiva - the Physiotherapy Specialist
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ERGONOMICS

Does it matter?

Our physiotherapists who deal with people suffering from musculoskeletal (MSK) issues ie pain in joints, muscles, soft tissues & bones report that the most commonly reported pain is that of back and neck. What is worth noticing here, is an increasing incidence of back & neck pain among younger adults, age group 20 to 40 years. Dr. Carol Johnson (PT) at ReLiva Chembur notes, *"This occurrence is obvious. We are to blame ourselves for it – for we continue to ignore Ergonomics at work."*

ERGONOMICS IN THE OFFICE

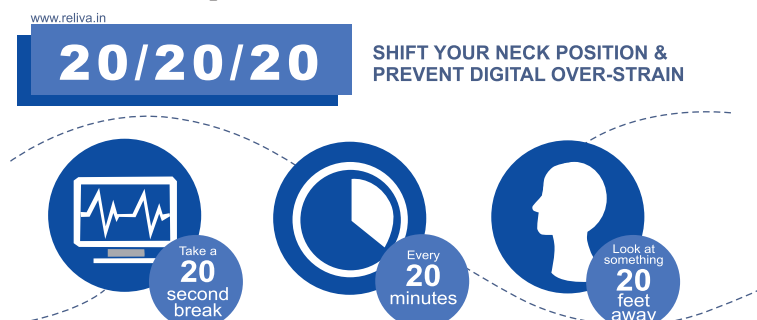


What is worth knowing about Ergonomics?

Ergonomics is the process of designing or arranging workplaces, products and systems so that they are most comfortable for human use. The young working population spends most time at work place & needs to increasingly rely on using electronic gadgets. However in the fast pace of things, most tend to forget or sometimes ignore using these gadgets with correct posture- Simplest way could be to manage the workstation ergonomically so that our body gets biomechanically equipped to work better. Simple workstation changes for sedentary work & laptop users could be:

- **Adjust and adapt laptops** : A separate monitor and the keyboard is the best way to adjust the hand position.
- **Modify your body position** : Avoid tilting your head. Try to keep all your muscles relaxed. Sit "tall" aligning your ears on your shoulders.
- **Adjust the work pattern** : reduce prolonged use of computer and minimize use of electronic gadgets unnecessarily.
- **Move**: Movement has a lot of biomechanical benefits. Infact, nowadays Sitting is considered as the new smoking.

So remember, the answer to your neck and back pain is Ergonomics. You could make use of the magic formulae given below to avoid neck and back pain.



DID YOU KNOW? VITAMIN B-12 & ITS CONNECTION WITH NERVES

Numbness and tingling in the toes, finger tips is very common, specially after long seating position. Usually it just goes off as soon as you shift position. But if tingling persists, it can be an annoying symptom. We have seen patients reporting it as a severe version of nerve pain in the form of constant "pins and needles sensation", "tingling", "numbness" and sometimes as radiating pain. However, it is a symptom with many possible causes. Diabetes, tight shoes and a vitamin deficiency can all be culprits.

You may likely be having a Vitamin B-12 deficiency, if you are experiencing strange tingling, numb sensations in the hands and feet, Occasional staggering or balance issues, Weakness, Fatigue, Anaemia, Swollen tongue. You don't need to have all of the symptoms to have a B-12 deficiency, and it is usually easily diagnosed with a blood test.

What does Vitamin B-12 do?

Vitamin B-12 is a water-soluble vitamin necessary to maintain nerve health, make red cells and carry out other functions. It occurs naturally in dairy and proteins, but is not stored in the body the way fat-soluble vitamins are.

Lack of it could lead to one or more of the above-mentioned concerns. So please check on your nutrients and get your B-12 checked so that your nerves don't pinch you for the lack of it.



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