

MOVEMENT & RECOVERY

a ReLiva Physiotherapy monthly newsletter

www.reliva.in

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Dear Reader,

Nearly everyone is raising a toast to the New Year and we want to raise our glasses to you, our readers, in honour of your commitment to health, movement & recovery!

We're very grateful that you've chosen to be with us. Health & fitness is a never-ending process, so don't stop! Also, our resolution is to provide you with even more engrossing information, latest trends and the best of healthcare in the upcoming year.

Let's begin 2019 with the best - our three most loved articles (English) of 2018.

Interestingly, our Hindi knowledge base is also building up and is being loved even more than the English repository. In case you know someone who would find these useful, please share with them, [link to our Hindi blog on Physiotherapy and Movement](http://reliva.in/category/hindi/).

(<http://reliva.in/category/hindi/>)

We wish you the very best in 2019!

Editorial Team
ReLiva Physiotherapy & Rehab

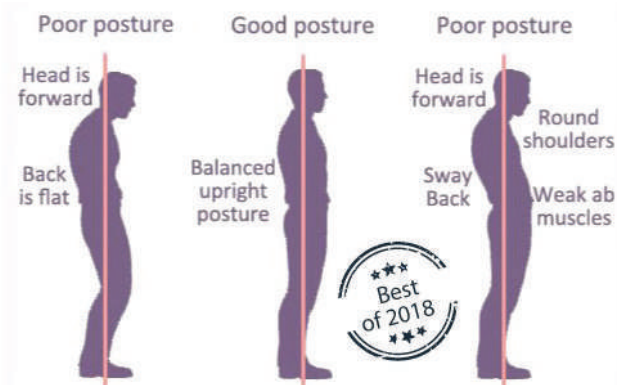
What's causing your Back Pain? Is it poor posture



Posture is the position in which we hold our bodies while standing, sitting, or lying down. One of the most common causes of low back pain is poor sitting posture. Check if you are falling prey to some of the most common postural mistakes and get rid of back pain by following good posture best practices.

Several factors contribute to poor posture:

- Stres
- Obesity
- Pregnancy
- Weak postural muscles
- Unusually tight muscles, and
- High-heeled shoes
- Decreased flexibility / heavy sitting
- Poor work environment - Incorrect working posture, and unhealthy sitting and standing habits also contribute to poor body positioning.



Remember your posture is never so bad that it cannot be corrected. A physiotherapist can assist you with proper posture, including recommending exercises to strengthen your core postural muscles.

Read more <http://reliva.in/cause-back-pain-poor-posture/>

PATIENT SPEAK

"A recent feedback from a back pain patient particularly happy with treatment, doctor friendliness and explanation of the Health issue.

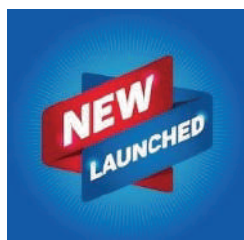
"Careful listeners, who will first understand your ailment and body condition, then would examine you. Then they give you exercises and will ask you to repeat. They will pay attention to its correctness.

I think this is the perfect way to deal with patients, which i didn't find in my 15+ years of physiotherapy treatment."

-Gaurav

ReLiva - the Physiotherapy Specialist
Call +91 992099 1584 for enquiry or visit www.reliva.in

In the News



We are delighted to share with you about the launch of our new Physiotherapy clinic in Chinchwad, Pune. Residents of Chinchwad will now have access to effective, result-oriented treatment from ReLiva physiotherapists.

Address: Swagat Bunglow, Near 7 Orange Hospital, Pawana Nagar, Opp. Jain High School Chinchwad, Pimpri-Chinchwad, Pune – 411033

Contact: Call +91 9920991584 for appointments and enquiry.

Understanding the difference: Spondylosis v/s Spondylitis

People often get confused between Spondylosis and Spondylitis as the cause of their back pain and neck pain. That also affects the treatment involved to manage these spine conditions. Spine experts from ReLiva attempt at demystifying these conditions and their management.

What is Spondylosis?

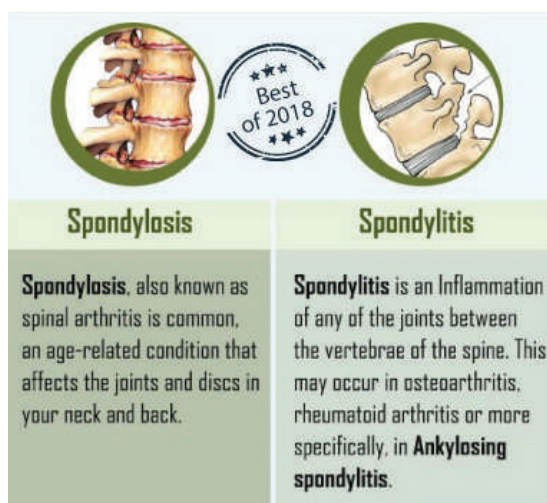
Spondylosis is a painful state of the spine resulting from degeneration of the intervertebral discs and spine related joints. While spondylosis can't be cured, there are many advanced treatment options available to address the changes associated with this issue.

What is Spondylitis?

Spondylitis or Spondyloarthritis is a form of **inflammatory arthritis that commonly occurs in the spine**, although it can affect other joints as well. Pain and other symptoms often result. Spondylitis is treatable when accurately diagnosed and proactively addressed.

Men are more likely to develop spondylitis than women.

Read more at <http://reliva.in/understanding-spondylosis-spondylitis/>



Vertigo Treatment

The most common symptoms of vertigo are dizziness and spinning feeling – Learn about the causes, symptoms & self-care to reduce the symptoms. VRT is also known to be an effective treatment for people with vertigo.

Self-care for Vertigo-

Do's

- Move your head carefully and slowly during daily activities.
- Sit down straightaway when you feel dizzy.
- Turn on the lights if you get up at night.
- Use a walking stick if you're at risk of falling.

Don'ts

- Bend over to pick things up.
- Get into bright lights – avoid them.
- Be in noisy surroundings - Try to cut out noise and anything that causes stress from your surroundings.

Read more at <http://reliva.in/vertigo-physiotherapy-treatment/>

WHAT IS VERTIGO?

Vertigo is characterized by dizziness and head movements, triggered by certain changes in positioning. It is common and easily treatable.



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