Backache

- Each year as many as 25 million Americans seek a doctor’s care for backache.
- Good fitness can help the back work efficiently.
- Some back problems are related to poor posture.
Back Problems

- Backache is a health problem caused by not doing enough physical activity (hypokinetic condition), because weak and short muscles are linked to some types of back problems.
- Poor posture is associated with muscles that are not strong or long enough.
- Sometimes backache can be caused by doing too much physical activity (hyperkinetic condition - overuse injury).
How does the back operate efficiently?

Body parts are balanced like blocks on legs. The pelvis is a first block on legs. The chest hangs from spine and is balanced over the pelvis. The spine connects head and legs. The head sits on top of the spine and is balanced over the other blocks in the stack. Since the spine is flexible and can move back and forth, the pull of muscles keeps the body parts balanced.
Muscles play an important role in holding a balance . . .

- If muscles on one side are weak and long, while muscles on the opposite side are strong and short, the body parts are pulled off balance.
Posture Problems

Too much arch in the lower back is LORDOSIS, also called swayback, results when the abdominal muscles are weak and the iliopsoas muscles are too strong and too short. It can lead to backache.

KYPHOSIS occur in thoracic part of the spine, by poor posture: rounded back.
What is Scoliosis?

Everyone's spine has natural curves. These curves round our shoulders and make our lower back curve slightly inward.

But some people have spines that also curve from side to side. It’s called SCOLIOSIS.
Scoliosis

This condition of side-to-side spinal curves is called scoliosis. On an X-ray, the spine of an individual with scoliosis looks more like an "S" or a "C" than a straight line. Some of the bones in a scoliotic spine also may have rotated slightly, making the person's waist or shoulders appear uneven.
The importance of early detection

- Scoliosis can go unnoticed in a child because it is rarely painful in the formative years. Therefore, watch for the following "tip-offs" to scoliosis beginning when child is about eight years of age:
  - uneven shoulders
  - prominent shoulder blade or shoulder blades
  - uneven waist
  - elevated hips
  - leaning to one side
Tests for scoliosis

- Any one of these signs warrants an examination by the family physician, pediatrician or orthopedist.

- Some schools sponsor scoliosis screenings. Although only a physician can accurately diagnose scoliosis, school screenings can help alert parents to the presence of its warning signs in their child.
What causes scoliosis?

- In most (80 to 85 percent) cases, the cause of scoliosis is unknown - a condition called idiopathic scoliosis. In other cases, scoliosis may develop as a result of degeneration of the spinal disks, as seen with osteoporosis, or as a hereditary condition that tends to run in families.

- Nearly one-half million adolescents have a curve that requires monitoring. Girls are affected four times as often as boys, and there is a tendency for this condition to occur in families.
Scoliosis Myths

- A lack of calcium will not cause scoliosis.
- Scoliosis is not usually painful in adolescence, but can become so in adulthood.
- Braces do not make the spine straight.
- Smoking does interfere with bone healing.
- The metal rods inserted during bone fusion surgery do not activate the metal detectors at airports, and do not rust.
- Surgery does not interfere with normal childbearing.
- Spinal deformities are not contagious.
Prevention Tips - Scoliosis

- The most important is early examination and getting doctor’s advice.
- Unlike poor posture, scoliotic spinal curves can't be corrected simply by learning to stand up straight.
- Carry weight balanced between two hands.
- Don’t watch TV always sitting/lying in the same position.
- Exercise and do sports / physical activities.
Prevention Tips

- Backache is a condition that is often caused by weak muscles.
- These exercises will help strengthen the muscles which support back and improve posture.