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A study on low back pain

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Abstract

The purpose of the study was to find out various reasons that cause low back pain, what are its preventions & how it can be treated. Back to history, life of human being was arduous. It was full of hard work & struggle. Most of the Work was done manually. But in the present scenario life of human being has become comfortable. Each & every work is done by the machines. Most of the people follow a sedentary life style. This life style gives birth to many health problems. Low back pain is a common problem for most of people, which restrict movement of body. Movement is the basic nature of human body without movement it is useless. Low back pain can be prevented by strengthening the back muscles and using good body mechanics.

Keywords: vertebral column, sprains, strain

Introduction

In the present scenario back pain is common problem in most of the people. It found that about 9 out of 10 adults experiencing it at some point in their life. There are many reasons which are responsible for back pain. Some of them are unhealthy life style, unhealthy diet, poor posture, poor way of doing exercise etc. The upright posture, which distinguishes man from all other animals, is the product of perhaps 350000000 years of evolution. Human body is made up of 206 bones & and around 640 Skeletal muscles. These bones & muscles help our body to perform movement. Movement is the basic nature of human body without movement it is useless. Performing every movement either it is simple or complex in a right way helps us to work more efficiently. Even a single mistake leads to bad impact on our body.

Structure of (Vertebral column or) Backbone

The Backbone also known as Vertebral column or spine. In a human's Vertebral column there are normally 33 Vertebrae, out of which 24 are moveable & 9 are immovable. From top to bottom, the vertebrae are:

- Cervical spine - 7 vertebrae
- Thoracic Spine - 12 vertebrae
- Lumbar spine - 5 Vertebra
- Sacrum - 5 (fused) vertebrae
- Coccyx (tail bone) - 4 (3-5) (fused) Vertebrae

1. **Cervical:** There are seven vertebrae in the neck, are called cervical.
2. **Thoracic:** The thoracic spine is made up of 12 vertebrae forming a convex curve of attached to the 12 pairs of ribs. The thoracic spine is the region consisting of the upper back of abdomen.
3. **Lumbar:** The Lumber vertebrae consists of 5 bones that make up the lower back. It is concave in shape.
4. **Sacrum:** - It contains vertebrae during childhood but united to one large triangular shaped bone names Sacrum in adult.
5. **Coccyx** It contains 4 bones in the child but fuses to one coccyx in the adulthood. It is located at the bottom of the spine.

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According to the National Institute of Neurological Disorders & stroke, low back pain is the most common cause of job-related disability. Most low back pain is the result of an injury, such as muscle sprains or strains due to sudden movements or poor body mechanics while lifting heavy objects.

Low back pain can also be the result of certain diseases such as

- Cancer Spinal cord
- A ruptured or herniated disc
- Sciatica
- Arthritis
- Kidney inflections
- Infections of the spine

Low back pain is more likely to occur in individuals between the ages of 30 & 50. This is partly due to changes that occur in the body with aging. As you grow older, there's a reduction in the fluid content between the vertebrae in the spine. This means discs in the spine experience irritation more easily. You also lose some muscle tone, which makes the back more prone to injury.

This is why strengthening your back muscles & using good body mechanics are helpful in preventing low back pain.

It is well said that Prevention is better than cure. Following are the some prevention which one should follow

- Exercising the muscles in your abdomen & back.
- Losing weight, if you are overweight.
- Lifting heavy objects properly by bending at the Knees & lifting with the legs.
- Maintain Good posture.
- Sleep on a firm surface
- Sit on Supportive chairs that are at the correct height
- Avoid high-heeled shoes.
- Quit Smoking, if you smoke.

Sports activities that can cause low back pain: The most common sports injuries occur after repetitive overuse of the spine it may through twisting, Compression or flexion. Football, Hockey, Volley ball & running can often cause low back pain. Sports that involve repetitive twisting are more prone to low back pain such as Golf, Discus throw.

Back pain relief

- Hot & cold Therapy
- Yoga
- Massage
- Medications
- Injections

Tips to Strengthen Your Back

- Consult your doctor before doing any exercise program.
- Ankle Pumps - Lie on your back & move ankles up & down.
- Heel Slides - Lie on your back & bend then straighten the knees one at a time.
- Wall Squats - With your back flat against a wall, sit like you lined up over your ankle. Gently Press against the wall, keeping your abdominal muscle tight. Hold for 5 Seconds.
- Single Knee to chest stretch - Lying down with back flat, pull your Knee into the chest.

Conclusion

The precious thing in life of human being is 'Health'. One cannot buy it and only be earned by performing physical exercise and also following a healthy life style. Low back pain is a challenge, especially for sports persons. It creates hurdle in life of sports person. Exercise is the best medicine for healthy life of human being. The more we use our body the more it will work efficiently.

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