

THE SPINE CLINIC



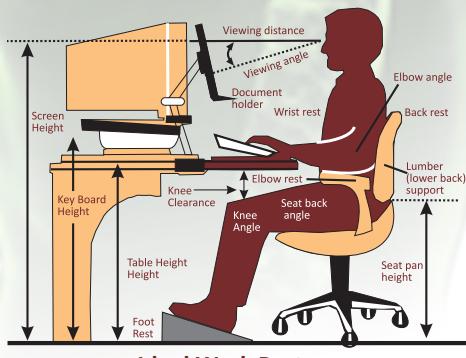
IOM SYSTEM



ENDOSCOPE

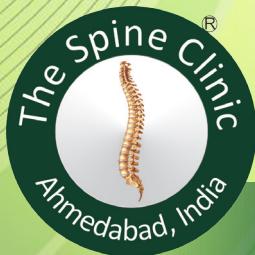


BONE SCALPEL



Ideal Work Posture

Spine Care
principles of neck and back care



Huduma Ya Uti Wa Mgongo
Kanuni Za Kutunza Shingo Na Mgongo

FOR APPOINTMENTS & CONTACT

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ENDOSCOPE

“Awake Disc Surgery under Local Anaesthesia”

A dream-but now a reality using endoscopic surgical technique under local anaesthesia. A very safe technique as you remain awake during the entire procedure. No stitches require. Following operation patient can stand-up and walk-out of Operation Theater. The spine clinic has perfected and pioneered this technique.



ENDOSCOPE

“Kuwa Macho Wakati Wa Upasuaji Kupitia Nyonga Ndani Ya Ganzi

Ndoto, lakini sasa ni kweli kuwa kwa kutumia njia mpya Endoscopi, njia ya upasuaji kwa kufanya mtu akose hisi ni njia salama. Ni njia ambayo mgonjwa huwa macho na huyaona yote yanayoendelea wakati wote upasuaji unafanyika. Haku-na ushonaji unahitajika. Kufuatia hapo upasuaji, mgonjwa anaweza simama na kutoka nje ya chumba cha upasuaji. Kliniki ya uti wa mgongo imekamilisha na kuanzisha mbinu hii katika utaalamu wa matatizo ya uti wa mgongo.

ULTRASONIC BONE SCALPEL

“Sound to cut bone”

A Novel Concept. Spine Clinic uses ultrasound technique based Bone Scalpel to cut bone. This protects spinal Cord and nerves from surgery related injury. No more fear of paralysis after spine surgery.



ULTRASONIC MFUPA CHIGIZA

“Kukata Mfupa Kwa Kutumia Sauti”

Wazo la riwaya (hadithi). Kliniki ya uti wa mgongo inatumia njia ya kimsingi ya upasuaji na ukataji wa mfupa. Hii hulinda uti wa mgongo na mishipa yake kutokana na majeraha mengine yanayohusiana na upasuaji. Huondo wasiwasi kwa magonjwa kama vile kupooza kwa uti wa mgongo wa mgonjwa baada ya upasuaji.

Overview - Maandalizi

The most common problem after the common cold, cough and headache is backache. It is estimated that 80% of people suffer some or the other form of spinal problems which result in neck or back pain at some point during their lives. 90% people suffer from postural neck and back pain which occurs while bending down, lifting weight, or working in an inappropriate manner or posture.

Tatizo kuu baada ya ugonjwa wa homa, kukohoa na kichwa ni kuumwa na mgongo. inakadiriwa kuwa asilimia themanini (80%) ya watu huugua baadhi au aina ya maumivu mengine ya uti wa mgongo ambayo huleta maumivu ya shingo au mgongo katika kipindi fulani cha mai-sha yao. Asilimia 90% ya watu huugua maumivu ya shingo au mgongo. Haya hufanyika wakati wa kuinama, kuinua vitu vizito au kufanya kazi mwili akiwa katika hali isiyofaa.

For example, if a 25 year old person in an office job works 8-10 hours a day, he or she will experience neck pain ache and/or backache within two years. If care is not taken at this point of time, in a span of 10 years

this person may experience serious and debilitating problems as a result of neck and back pain.

Kwa mfano, ikiwa mtu wa miaka 25 anafanya kazi ya ofisini kati ya masaa 8-10 kwa siku, ni wazi kuwa baada ya miaka miwili atakuwa na maumivu ya shingo au mgongo. Kama hatazingatia kupata matibabu wakati huu, katika kipindi cha miaka kumi ijayo, anaweza pata shida na ulemavu mkubwa kutokana na maumivu ya shingo na mgongo.

Financial Loss

Every episode of pain may force the sufferer to rest for 12-15 days. This means a possible loss of income because work is stopped and additional expenditure for the medical treatment.

In such a background, the following three scenarios may develop:

- Stoppage of work
- Change of job, which may not be possible
- Change in the way of work in the same job.

Hasara Ya Fedha

Kila tendo la maumivu umfanya

mgonjwa apumzike kwa siku 12-15. Hii ina maana kuwa, kuna uwezekano wa hasara ya mapato kwa kazi ambayo haifanyiki na ongezeko la matumizi ya fedha kwa ajili ya matibabu.

Kutokana na hali kama hii, mambo matatu yanayeweza kujitokeza:

- Kusimama au kuachishwa kazi
- Kubadilisha kazi/au kutafuta nyingine, jambo ambalo laweza kuwa ngumu kupata kazi ny- ingine haraka.
- Kubadilisha njia ya kufanya kazi tofauti na vile ulikuwa unafanya hiyo kazi hapo mbe- leni.

This information booklet aims to:

- Alert you to the dangers of ignoring neck pain and backache
- Provide facts and to dispel myths and misconceptions
- Present solutions for prevention, control and treatment to overcome spinal problems

If extreme neck or back pain continues for six months, only 50% of the people can return to their daily activities. If extreme neck or back pain continues for one year, only 20% people can return to work. After two years of extreme pain, only

3% people can resume their normal activities.

Sababu Ya Maelezo Ya Kitabu (Jarida) Hiki Ni:

- Kukutahadharisha dhidi ya kupuuza maumivu ya shingo na mgongo
- Kukupa ukweli na kuondoa imani potovu
- Kukupa suluhisho jinsi ya kukinga, kupunguza na kutibu matatizo ya uti wa mgongo.

Ikiwa maumivu makali ya shingo na mgongo yataendelea kwa miezi sita, ni asilimia 50 (50%) ya watu wataweza kurudia majukumu yao ya kila siku ikiwa maumivu ya shingo na mgongo yataendelea miaka miwili katika hali hiyo ya maumivu makali, asilimia tatu (3%) tu ya watu inaweza rejelea au rudi kufanya shughuli zao za Kawaida.

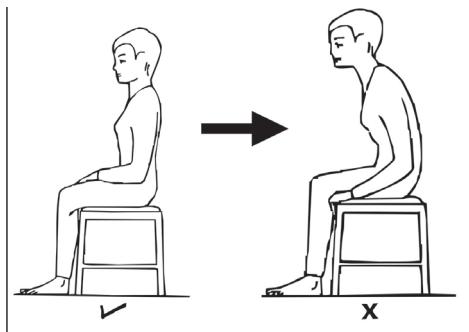
To conclude

Neck pain and backache can, should and must be Prevented, Controlled, And Rectified where possible.

Hitimisho

Maumivu ya shingo na mgongo lazima yachukuliwe kinga, yapunguwe na ikiwezekana, yatibiwe mara moja.

Correct Sitting Posture



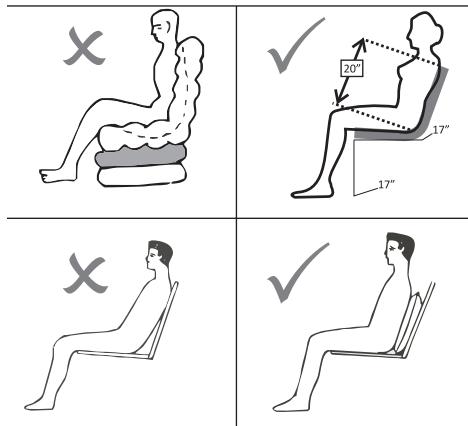
Whenever you sit, your back must be supported. Do not sit on chairs that do not have proper back-rests and arm rests on both sides. When you sit, your feet should touch the ground. Not using proper chairs causes muscle-fatigue and slumping, which in turn causes back-pain.

Jinsi Ya Kuketi Vizuri

Wakati wowote unapokaa ni lazima mgongo uwe umeegemea kitu fulani usikalie viti visivyokuwa na mahali pazuri pakuegemeza mgongo na villevile mikono yote inastahili kuguzza maegemesho ya kiti. Kutotumia viti vizuri husababisha maumivu ya kiuno na mwishowe husababisha maumivu ya mgongo.

A well designed chair

The correct seat back should have an angle of 105° degrees with the horizontal. It's length should be 17 inches. Improper chairs with long seat-pans do not support the back. If you must sit



on a long seat-pan seat, use a cushion should be used to support your back against the back of the chair. Sitting in a low or soft sofa or chair does not support the back.

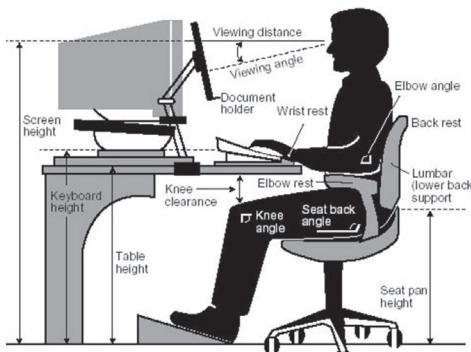
Kiti Kilichotengenezwa Vizuri

Kiti kilichotengenezwa vizuri cha-faa kuwa na mahali pa kuegemesha mgongo pa pembe (angle) ya nyazi 105 wima. Chapaswa kuwa na urefu wa inchi 17. Viti visivyofaa vilivyo na mahali pakubwa pa kukalia huwa havithibiti mgongo. Ikiwa ni lazima ukalie viti nya makalio mapana tuma mto kuthibiti mgongo wako katika mgongo wa kiti. Kukalia kochi (sofa set) ya chini au nyororo au viti havithibiti mgongo.

Footrest

While sitting in a chair the position of the knees should be a little higher than the level of your thighs. If necessary a footrest of appropriate height may be

used to put the knees higher than the



thighs. Sitting like this eliminates strain on back-muscles.

Maegesho ya Miguu/Nyayo

Wakati umekaa kwenye kitu, maeneo ya magoti yanatakiwa kuwa juu kidogo na mapaja yako. Ikiwezeka-na maegesho ya nyayo/miguu, inayofaa inaweza kutumika kuweka magoti juu Zaidi ya mapaja. Kuketi njia hii kutapunguza kung'ang'ana kwa misuli ya mgongo.



Inclination Pads

Use inclination pads while reading and writing. Use tables or desks that are slightly higher than your waist level in the front, and at-waist-level on the sides. This enables you to work with a straight neck.

Those who work for longer hours on the computer must place the computer screen exactly at eye-level. The keyboard should be placed in such a way that forearms rest on the table. This eliminates arm muscle fatigue.

While typing from a document, place the document upright on a special stand so that improper neck movements do not strain the neck.

Pedi Mshazari

Ni muhimu kutumia pedi mshazari unaposoma au kuandika. Tumia meza au viti ambavyo viko kiasi juu ya kiuno chako hapa mbele na vilivyo sawa na kiuno chako upande. Hili linakuwezesha kufanya kazi ikiwa shingo limenyooka.

Wale wanaofanya kazi kwa masaa mengi wakitumia tarakilishi (kompyuta) wanatakiwa waweke kompyuta zao ziwe sambamba na macho yao. Chombo chenyе vibonyezo (keyboard) kinafaa kuwekwa kwa njia ambayo mikono yako iwe imeegemea juu ya meza. Hili huondoa uchovu wa misuli ya mikono. Wakati wakupiga chapa kutoka kwa nakala Fulani (document) weka ile nakala katika hali ya wima kwenye kifaa maalum, ili kuhakikisha hakuna mzunguko wa shingo usiofaa. Hili hupunguza maumivu ya shingo.

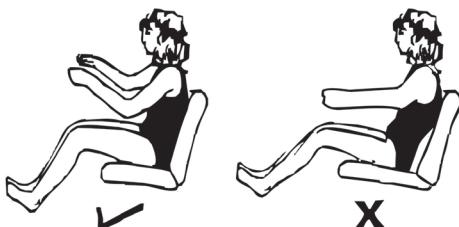
Arm rests

Use chairs with armrests on both sides and rest your arms on the arm rests

while sitting. This supports your shoulders and the muscles on both sides of your arms. This prevents strain and later pain.



Mkao Sawa Katika Gari



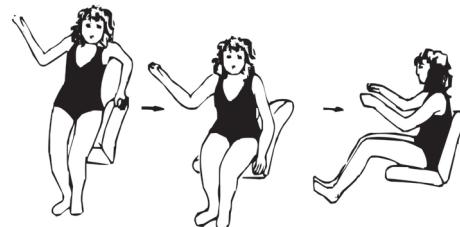
Maegesho Ya Mikono

Tumia viti vilivyo na maegesho katika sehemu zote mbili za kiti. Egesha mikono yako kwenye viengesho ya mikono wakati umeketi. Hii husaidia/hushikilia mabega na misuli maeneo yote mawili ya mikono yako. Hii huzuia kung'ang'ana na maumivu ya baadaye.

Unapoingia kwenye gari, baada ya kufungua mlango, anza kwa kutazama nje unakotoka, na kaa kwenye kiti cha gari kwanza. Inua mguu mmoja baada ya mwengine na kuingiza kwa gari. Baadaye angalia upande wa mbele wa gari.

Unapoendesha gari, kiti chako chafaan kuwa karibu sana na usukani wa gari (steering wheel) iwezekanavyo. Ikiwezekana, weka mto kidogo kati ya mgongo wako na kiti.

Correct Posture in a car



While getting into a car, after opening the door, turn outside, and simply sit down on the car seat. Then lift your feet one by one inside the car and turn your face to the front of the car.

While driving, your seat should be as close to the steering wheel as possible. If necessary, place a small pillow between your back and the seat.

Correct Standing Posture



Backache is inevitable if you stand for a long time. But it can be prevented by placing a foot on a footrest. Put the other foot on the foot rest after some time. Repeat this at regular intervals. This relaxes the back-muscles.

Njia Nzuri ya Kusimama

Huwezi epuka maumivu ya mgongo ukisimama kwa muda mrefu.

Maumivu haya yanaweza zuiwa kwa kuwekelea miguu yako kwenye kiegemesho cha mguu (footrest). Weka mguu ule mwingine kwenye kiengemesho cha mguu baada ya muda Fulani. Rudia rudia tendo hili kwa muda na migao mbalimbali ya wakati. Hii husaidia kupunguza maumivu ya misuli ya mgongo.

How to stand for long hours



Correct Footwear



Wearing high-heeled shoes places back-muscles under great strain and pressure, especially when standing for a long of time. Prefer using flat heeled shoes instead of high heels.

Viatu Vizuri Vya Kuvalia

Kuvalia viatu vyenye visigino virefu/michuchumio (high heeled) kwa muda mrefu husababisha kujikaza kwa misuli ya mgongo na msukumano (pressure). Ni vyema kujaribu kuvalia viatu vyenye mchuchumio/visigino fupi (flat heeled shoes) kuhliko viatu vyenye michuchumio mirefu.

Professionals like Nurses, architects, fashion-designers etc should follow this guideline.

The ideal worktables for architects should be at elbow level. For writing and drawing there should be a flat surface at 20° inclination with the horizontal so that the person can look down without bending his/her back.

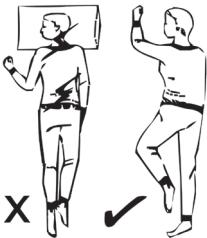
Jinsi Ya Kusimama Kwa Muda Mrefu

Wataalamu kama wauguzi (Nurses), wasanifu wa ujenzi (Architects), wabunifu wa mitindo (Fashion Designers), na wengine wanatakiwa wafuate mwongozo huu.

Meza ya wachoraji ramani (architects) yapaswa kuwa sawa na kifunda cha mkono. Kwa kuandikia na kuchorea kunapaswa kuwa na mahali laini (flat) ambapo pameegemea digrii 20 (20 degrees) ili mtu aweze kuangalia chini pasipo kuinamisha mgongo.

Correct Sleeping Postures

Use mattresses that are not too soft and not too hard. If your bed is too



high, use foot-stools while getting in or out of your bed.

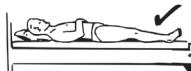
Hammocks should not be used by back-ache patients because in hammocks or beds with loose strings or springs the spine is subjected to unequal pressure. This results in pain.

Placing a soft pillow under the knees while sleeping on the back relaxes back-muscles and relieves backache.

Do not sleep on the floor without a mattress if you are suffering from back-ache.

Do not sleep on your stomach. Instead, sleep on your left side or your right side.

Hali Nzuri ya Kulala

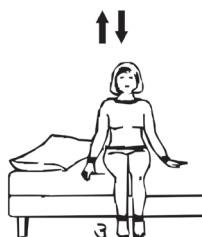
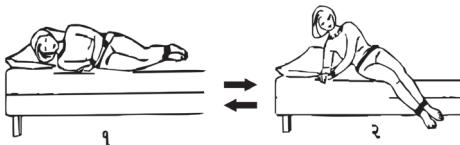


Tumia mito (mattresses) ambayo si nyororo sana au ngumu sana. Kama kitanda chako kiko juu sana, tumia stuli (foot-stools) unapopanda au kutoka kwenye kitanda. Usitumie kitanda cha matendeguu au kilicho na Kamba au springs kwa sababu

uti wa mgongo utakuwa unapata msukumo usio sawa (unequal pressure). Hii husababisha maumivu. Kuweka mto ulio laini (soft pillow) chini ya magoti unapolala kwa mgongo hunyoosha/hulainisha misuli ya mgongo na kuondoa mau-mivu ya mgongo.

Usilale chini bila godoro kama una matatizo ya mgongo. Usilale kifudi-fudi (kwa kutumia tumbo), lala kwa upande wa kulia au kushoto.

Going to bed and getting up



Observe the illustrations provided

- Raise yourself up on your left or right elbow on any side.
- Lower both your legs off the bed and onto the floor.
- Sit up on the bed and then proceed to stand up.

Jinsi Ya Kwenda Kitandani Kulala Na Kuamka

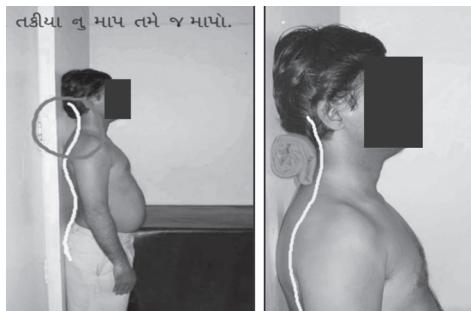
Zingatia

maelekezo

yafuatayo:

- Nyanyuka kwa kutumia funda (elbow) la kulia au kushoto la upande wowote ule.
- Weka miguu yako yote chini unapoamka
- Kaa kitako kwenye kitanda na unyanyuke

Using the correct pillows



Stand against a flat wall. You need a pillow which fits exactly in the space between your neck and the wall.

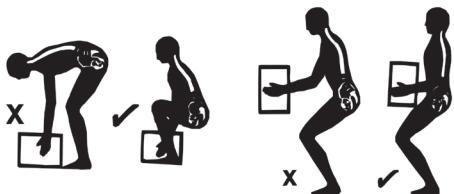
When you sleep, your neck needs support. So place your pillow under your head, below your neck and up to where your shoulder begins.

Kutumia Mito Ifaayo

Simama wima ukiegemea ukuta ulio laini. Unahitaji mto (pillow) ambaao unatosheleza kamili nafasi kati ya shingo yako na ukuta.

Unapolala, shingo yako inahitaji pahali pakuegemea. Kwa hivyo weka mto chini ya kichwa, chini ya shingo, na juu hadi pale shingo yako inaanza.

Lifting Weights



- As shown in the illustration below, do not bend down from your waist to pick up anything on the floor.
- Keep your back straight, bend your knees and squat down. When you lift weight, keep whatever you are lifting close to your body. This prevents pressure on the spine.
- While walking, distribute the weight evenly in both hands. For example: carry two buckets of water in both hands, instead of one heavy bucket in one hand. Carry two suitcases, boxes or bricks one in each hand whenever possible. This helps keep your back straight. You suffer less strain and pain. (See illustration)

Kuinua Vitu Vizito

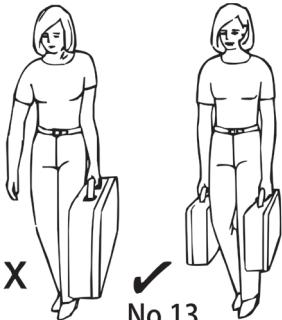
- Kama ilivyooonyeshwa kwenye mchoro iliyo hapo juu, usiiname kutoka kwenye kiuno kuinua kitu chochote kutoka chini.
- Weka mgongo wako wima/laini, inamisha magoti na chuchumaa (bend down). Unapoinua vitu vizito, weka vitu unavyoinua karibu na mwili wako. Hii huondoa msukumo/uchovu kwenye uti wa

mgongo.

- Unapotembea, jaribu kugawan-ya uzito kwenye mikono yote. Kwa mfano, beba ndoo mbili za maji mikono yote miwili, badala ya kubeba ndoo moja nzito kwa mkono mmoja. Beba begi mbili (suitcase), sanduku au matofali moja moja kwenye kila mkono iwezekanavyo. Hii husaidia mgongo kuwa laini au umenyooka, hupunguza uchovu na maumivu.

How to carry a heavy Bag

Don't hang a heavy bag from the shoulder. Sling it around the neck at a cross-angle, as shown in the illustration. This way the spine is able to remain in a balanced position.



No.13

Njia/Jinsi Ya Kubeba Mfuko Mzito

Usining'inize mfuko mzito kwenye mabega. Upitishe mshipi kwenye shingo na chini ya kwapa (arm-pits) kama ulivyoonyeshwa kwenye picha hapo upande. Hii husaidia uti wa mgongo kukaa sawa.

Advice for school children

A back-pack with two shoulder straps,

where the weight is evenly distributed on both sides, is the best way to keep the spine strain-free.

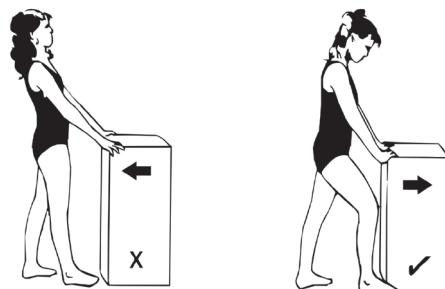


Ushauri Kwa Wanafunzi Wa Shule

Mfuko wa kubeba kwa nyuma (back-pack) ambao una mikanda/mishipi miwili kwa nyuma huleta usawa wa uzito katika mabega. Hi ndio bora kwa kuhakikisha hakuna uchovu kwenye uti wa mgongo.



Pushing better than pulling

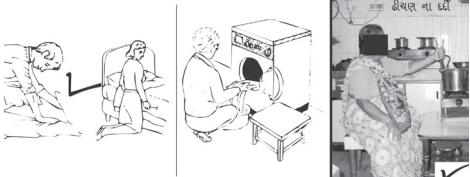


When you need to shift objects, prefer to push them rather than pull them, as

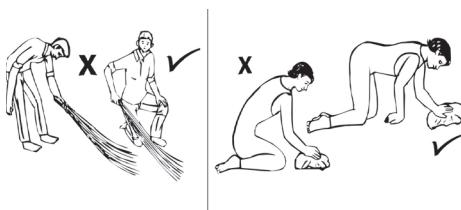
shown.

Kusukuma Ni Bora Kuliko Kuvuruta

Wakati unataka kuhamisha vitu ni bora kusukuma kuliko kuvuruta kama ilivyoonyeshwa kwenye picha.



Correct Postures in House-work



While performing tasks like sweeping, mopping the floor, making beds and cleaning the house, bend from the knees rather than from the back.

Use a vacuum cleaner and a mop at the end of a stick. This will not cause back-ache.

If you suffer from knee pain, sit on a stool as tall as the kitchen platform while cooking. You can work comfortably.

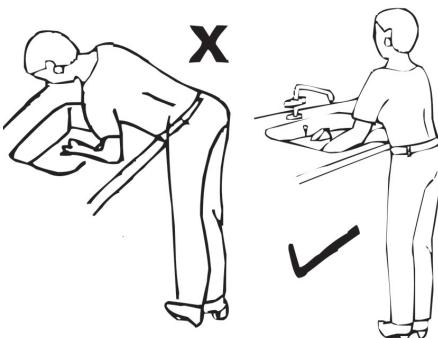
Mkao Mzuri Unapofanya Kazi Za Nyumba

Unapofanya kazi kama kufagia, kupiga deki, kutandika vitanda ama kusafisha nyumba, ni vizuri kuinama kwa kutumia magoti sio mgongo.

Tumia mashine ya kusafishia vumbi

na fagio refu kwa kupigia deki. Shika juu ya fimbo ili uwe umesimama wima ili upunguze uchovu na mau-mivu ya mgongo. Kama una matatizo ya magoti, keti kwenye kistuli (stool) iliyo na urefu sawa na ya jiko wakati wa kupika. Utafanya upishi ukiwa salama/sawa.

Height of kitchen and bath-room sinks



Kitchen and bathroom sinks should always be a little above the waist level. Where the sinks are set into platforms, there should be very little space between the basin and the platform-edge, in order to avoid bending down while you wash hands, dishes, vegetables etc.

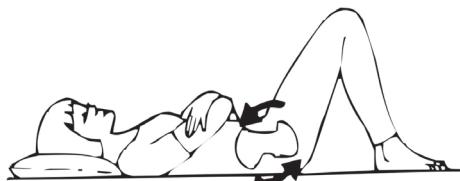
The taps should be fixed at such a height that you don't have to bend forward while working.

Urefu Wa Sinki/Beseni Ya Kuogea Na Kuoshea Vyombo



Jikoni

- Beseni/sinki za jikoni (chombo cha kupikia) na cha kuogea zapaswa kuwa juu ya kiuno. Ma-sinki ambayo yamewekwa kwenya jukwaa, kunafaa kuwa na nafasi ndogo sana kati ya beseni/sinki yenye we na mwisho wa jukwaa. Hii husaidia kutoinama chini unaponawa mikoni, unaosha vyombo. Mifereji ya maji inastahili kuwekwa juu kidogo kuhakikisha kwamba hutainama mbele unapofanya kazi.



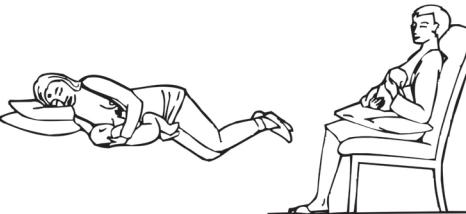
Back care during pregnancy

- Backache is common during pregnancy. Back-stress can be relieved with proper exercise and postures.
- While sleeping on the back, a pillow should be placed under both

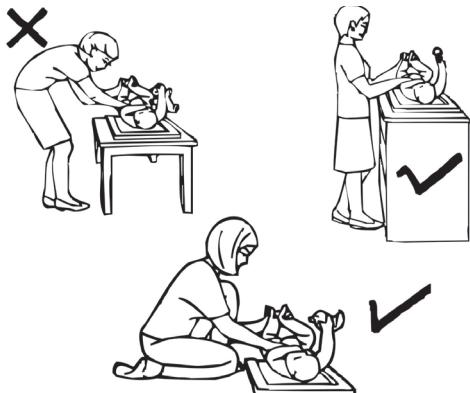
knees, so that back-muscles are relaxed.

- It is advisable to sleep on one side with both knees bent, and a pillow between the legs.
- While breast-feeding, sleep on one side, or sit up straight in a chair and place your child on a pillow in your lap.
- While changing nappies or the baby's clothes, place the baby on a table so that you do not have to bend down.

Kutunza Mgongo Wakati Wa Uja Uzito

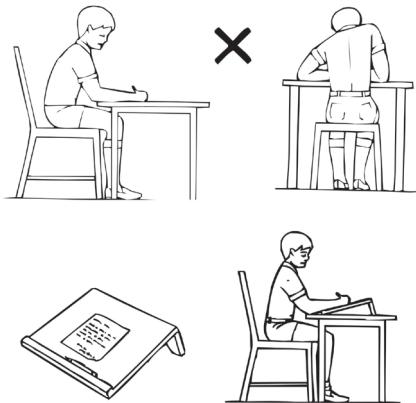


- Maumivu ya mgongo hutokea mara nyingi wakati wa uja uzito. Maumivu na kujikaza kwa mgongo kunaweza punguzwa kwa kufanya mazoezi na kukaa vizuri.
- Unapolala kwa kutumia mgongo weka mto (pillow) chini ya magoti yote mawili ili kuhakikisha misuli ya mgongo ni laini au sawa.
- Ni vyema kulala kwa upande mmoja, magoti yote mawili yakiwa yamekunjwa na mto (pillow) kati kati ya miguu.
- Unaponyonyesha, lala kwa upande mmoja, au keti wima kwa



- kiti na umuweke mtoto kwenye mto (pillow) juu ya mapaja yako.
- Wakati unababilisha mtoto nepi au nguo, muweke mtoto kwenye meza iliyoinkua kiasi ili kuepuka kuinama chini.

Back & Neck Posture in Children



- Usually children do not suffer backache or pain in the neck. But it is good to take care. The height of the child's desk must be a little higher than the child's waist height while studying.

- Inclination pads should be placed on study-tables of children. This ensures that their back and neck remain straight while reading, writing and drawing. They should be able to look at their books without bending their neck and back.

Mkao Sawa Wa Shingo Na Mgongo Kwa Watoto

- Kwa Kawaida ni vigumu watoto kuwa na maumivu ya mgongo au shingo. Lakini ni vizuri kuutunza mgongo na shingo. Urefu wa dawati ya mtoto unafaa kuwa juu kiasi zaidi ya kiuno cha mtoto anaposoma.
- Pedi Mshazari (maeneo ya kuegomea) inastahili kuwekwa kwenye meza za watoto za kusomea. Hili huakikisha mgongo na shingo ya mtoto inabaki wima anaposoma, anapoandika au anapochora. Infafaa wawe na uwezo wa kuangalia vitabu vyao bila kuinamisha shingo au mgongo.

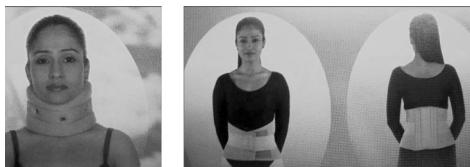
Total bed rest

- Complete bed rest is necessary when there is sudden or severe back pain. It should last for at least 3-4 days. Daily routines, as shown in this booklet, may be slowly resumed after that.

Mapumziko Kamili Kwenye Kitanda

- Mapumziko kwenye kitanda yanahitajika wakati wowote kuna maumivu kidogo au makali ya mgongo. Mapumziko haya yanafaa kuendelea kati ya siku tatu au nne (3-4). Shughuli za kila siku, kama vile imeelezwa kwenye hiki kijitabu, yanafaa kurudiwa/kurejelewa pole pole baada ya haya mapumziko.

Use of neck or back brace



- Braces may be used only for a few days when the pain is extreme. After that, exercises, as guided by the physiotherapist, should be done.
- Wearing a neck brace, collar or a lumbar belt for a long time will weaken the muscles. It is important to strengthen muscles through proper exercises rather than wear belts.

Utumiaji wa kola ya shingo au mgongo

- Kola za shingo zinaweza kutumiwa tu kwa siku chache wakati maumivu ni makali. Baada ya hapo, ni

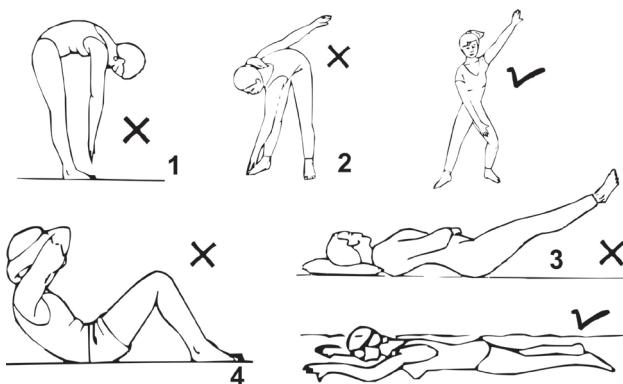
muhimu kufanya mazoezi ya mwili kama ulivyoelekezwa au elezwa na daktari wa viungo.

- Kuvalia kola ya shingo au mkannda wa lumba wa kiuno kwa muda mrefu hulegeza au hufanya misuli kuwa na udhaifu. Ni muhimu kufanua mazoezi yanayofaa ili kufanya misuli iwe na nguvu kuliko kuvalaa mikanda/mishipi ya kati ya kiuno.

Physiotherapy

- Exercise is an important process to reduce and eliminate neck, back or joint pain. However, unnecessary and wrong kind of exercises will worsen the pain. Take expert guidance.

Mazoezi Ya Viungo



- Mazoezi ni muhimu ili kupunguza na kuondoa maumivu ya shingo, mgongo na viungo. Hata hivyo mazoezi mengi na mazoezi yasiyofaa/mabaya huongzeza/huzindis-

ha maumivu. Ni vyema kuzingatia au kutafuta ushauri wa daktari wa viungo vya mwili au mtaalamu katika mambo ya mazoezi ya viungo vya mwili.

Disc degeneration or prolapsed disc

- If there is back-pain upon bending forward or there is shooting pain in the leg or tingling, it is important to sleep on the stomach and try to raise the upper body (Extension exercise)

Kuzorota Kwa Vifunda (Disc)

- Kama una maumivu ya mgongo wakati unainama mbele au maumivu makali kwenye miguu au kucheza kwa misuli, ni muhimu kulala kwa tumbo, na ujaribu kuinua sehemu ya juu ya mwili/kuinua mgongo (mazoezi zaidi).

Backache due to Facet Joint Pain

- If there is back-pain while bending backward, it is important to sleep on the back and exercise abdominal muscles and thereby strengthen and support the lumbar vertebrae. These are called Flexion Exercises for Abdominal strengthening.

Maumivu Ya Mgongo Kwa Sababu Ya Vifunda (Nyonga).

- Kama una maumivu ya mgongo wakati unainama kwa nyuma, Ni muhimu kulala kwa kutumia mgongo (lala chali) na kufanya mazoezi ya misuli ya tumbo. Hii hutia nguvu na kusaidia vifunda vya mgongo (lumber vertebrae). Haya ni mazoezi ambayo hukaza au hutia nguvu tumbo.

Heat-therapy

- Heat therapy relieves backache to some extent. There are various methods of taking heat treatment. Although the purpose of giving heat is the same, the depth of heat-penetration differs. When there is intense pain, it is advisable to go for heat-therapy for 7-10 days. This relieves pain. Hot-water bottles, or infra-red lamps or electric heat-pads help to relieve pain.

Tiba Joto

- Mazoezi ya joto (tiba ya joto) hupunguza maumivu ya mgongo kwa kiasi fulani. Kuna njia tofauti za kutumia matibabu kwa kutumia joto. Ingawa lengo la kutoa joto ni sawa, kina cha kupenyeza joto huwa tofauti. Ikiwa maumivu ni makali sana, ni vizuri kutumia tiba joto kwa muda wa siku saba hadi kumi (7-10 days). Hii hupunguza maumivu. Chupa ya maji moto au infrared au pedi moto za stima, husaidia kupunguza au

kuondoa maumivu.

Physical fitness

- In the illustrations below, numbers 1 to 4 are harmful to the back and should be avoided.
- Swimming is a good exercise for those suffering from backache, since body weight decreases in water and back muscles get good exercise without undue strain. Walking in chest-deep water is also beneficial.



pain.

- Use of tobacco increases nicotine in blood, which constricts blood-vessels and prevents the healing process if

Mazoezi Ya Mwili

- Maelezo ya picha ya kuanza hadi nne (1-4) ni hatari kwa mgongo na yanafaa yaepukwe.
- Kuogelea ni mazoezi mazuri kwa wale wanaugua kutokana na maumivu ya mgongo. Uzito wa mwili hupungua kwenye maji na kwa sababu hiyo misuli ya mgongo hupata mazoezi bora bila kung'ang'ana au kuchoka. Kutembea kwenye maji kina kili-cho sawa na kifua ni muhimu kwa mtu aliye na matatizo ya maumivu ya mgongo.



discs or muscles have been damaged. As a result the pain is prolonged.

- Cradling mobile-phones between the neck and shoulder while driving or performing other tasks increases the possibility of neck-pain. Telephone operators should use headphones or blue-tooth technology so they can work with their necks straight.

Wrong Habits

- A fatty diet and a sedentary lifestyle increase weight. Being overweight contributes to back-pain. A large stomach or pot-belly increases pressure on the lumbar vertebrae and causes persistent and frequent back

Tabia Ambazo Si Nzuri

- Vyakula vyenye mafuta mengi na maisha ya kutojali husababisha kuongezeka kwa uzito wa mwili. Kuwa na uzito kupita kiasi



huchangia kuwa na maumivu ya mgongo. Kuwa na tumbo kubwa (kitambii) au tumbo mfano wa chungu (pot-belly) huongeza msukumo kwenye vifunda vya mgongo (lumbar vertebrae) na husababisha maumivu yasiyokwisha, au ya mara kwa mara, ya mgongo.

- Uvutaji wa sigara huongeza nikotini (nicotine) kwenye damu. Hii hufanya mishipa ya damu kubana na kuzuia uponyaji ikiwa vifunda (disc) au misuli imekwisha haribika. Kwa hivyo maumivu yanachukua muda mrefu kuisha.
- Kushikilia rununu au simu ya mkononi kati ya shingo na mabega wakati unaendesha gari au unafanya shughuli au kazi fulani huongeza uwezekano wa kuwa na maumivu ya shingo. Waelekezi wa simu (telephone operators) wanastahili kutumia headphones au teknologia ya Bluetooth ili wawewe kufanya kazi shingo zao zikiwa laini au wima.

Emergency Situations in

Backache

Emergency medical help should be sought from a spine-specialist under the following conditions:

- Weakness while walking
- Tingling or shooting pain, pins & needle sensation while standing or walking
- Buckling of legs
- Partial or total paralysis
- Loss of control over passing urine and stools
- Vertebral Fracture without major injury

Hali Za Dharura Wakati Wa Maumivu Ya Mgongo

Matibabu ya haraka/dharura yanafaa kutafutwa kutoka kwa mtaalamu/daktari wa matatizo ya uti wa mgongo ikiwa mambo yafuatayo yataonekana au yatambulike na mtu yeote:

- Udhaifu/unyonge wakati wa kutembea
- Maumivu kama vichomi, kusikia kama sindano na vipini vinakudunga wakati umesimama au kutembea.
- Miguu kukosa nguvu
- Kupooza sehemu au mwili wote
- Kutodhibiti au kukosa nguvu wakati wa kukojoa au haja kubwa
- Nyufa au kuachana kwa vifunda vya mgongo bila kupata jeraha lolote kubwa.

IOM System (Intra Operative Nerve Monitoring System)

A live monitoring System which protects Spinal Cord during surgery

"A Revolution in Spinal Surgery"

This technology monitors the function of nerves from brain to toes during surgery (Live Monitoring). It makes us more confident and sure of the final result. The Spine Clinic has introduced this technology for the first time in Western India. A technology that exactly tells the surgeon before hand about the safety of procedure. This monitoring system gives live input regarding the function of spinal nerves and makes spinal instrumentation very safe & precise. So the patients know for sure that there will be no complication of paralysis.

THIS LIVE MONITORING OF SPINAL CORD warns the surgeon before hand if the nerves or cord is being touched or manipulated. Doctors at spine clinic use a special PEDICLE PROBE STIMULATOR, a device that ensures that the SCREW Path is safe and is not impinging on the nerves . This technique increases good result in corrective surgery of deformed spine (Scoliosis and Kyphosis correction).



Mfumo Wa I.O.M (Mfumo Wa Uangalizi Wa Mishipa)

Mfumo hai wa uangalizi unaolinda uti wa mgongo wakati wa upasuaji
“**Mwamko/mabadiliko katika upasuaji wa uti wa mgongo**”.

Teknologia hii huangalia kazi ya mishipa (nerves) kutoka kwenye ubongo hadi vidole nya miguu wakati wa upasuaji (Uangalizi Hai). Hutupa Imani na uhakikisho wa matokeo ya mwisho. Huduma/kliniki ya uti wa mgongo imetambusha teknolojia hii kwa mara ya kwanza magharibi mwa nchi ya India. Teknolojia ambayo inamjulisha mpasuaji mambo yote vizuri kabla ya kuanza hupasuaji utaratibu bora unaofaa. Mfumo huu wa uangalizi hutoa maelezo hai kuhusiana na kazi ya mishipa (nerves) za uti wa mgongo na hufanya mpangilio ulio salama na wazi. Kwa hiyo mgonjwa anakuwa na uhakika hakuna tatizo la kupooza kwa mwili linaweza kutokea.

HUU UANGALIZI HAI WA UTI WA MGONGO hutoa onyo kwa mpasuaji kama mishipa (nerves) au uti umeguzwa au unapinduliwa. Daktari katika kliniki ya uti wa mgongo hutumia kifaa spesheli PEDICLE PROBE STIMULATOR, kifaa/ chombo ambacho uhakikisha njia ya SCREW ni salama na iguzi mishipa. Mfumo/ njia hii huongeza matukio mema katika njia bora ya upasuaji wa uti wa mgongo ulioumia (Scoliosis and Kyphosis correction).

