

THE PREVENTION OF LOW-BACK PAIN AND THE POSSIBILITIES OF REHABILITATION

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- Back pain is among the most common complaints.
- 80% of the population suffer at least one episode of low-back pain in their lifetime.

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What can be done
to reduce
the number of these complaints?

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The physician's task

- Children must be continuously screened for static disorders (such as flat feet) and anatomical abnormalities (like scoliosis, Scheuermann's disease, etc.) to ensure **early recognition** and **treatment** of these problems.

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The most important task

- To ensure the healthy physical development of children and young people.
- To develop and strengthen the musculature of the trunk and to increase the flexibility and endurance of the body.
- **How can we do this?**

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We have to increase the level of physical activity of the whole population by encouraging regular, supervised participation in sport and other physical activities.



OUR TASKS

- We have to make society aware of the importance of regular physical exercise.
- We must emphasize the importance of physical education and swimming in school as well as the need for therapeutic gymnastics and swimming.
- We should promote the development of sports and sporting competitions in schools.
- By publishing our professional opinions we may help to raise the number of registered athletes.

OUR TASKS

- Continuous provision of information:
 - to raise awareness among sick people, sportsmen and women and the general public
 - to win the support of PE instructors, teachers and coaches
 - to seek and exploit the opportunities provided by the media
- To gain support from politicians and local government officials.

The sports physician's special task

- Special attention must be paid in the case of sports that involve asymmetrical loading like tennis, fencing, canoeing, etc.



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Survey of Athletes Aged 12 - 16

	Total Number	Those found with functional scoliosis
Tennis players	68	29
Canoeists	14	6
Fencers	19	10
Total:	101	45

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PREVENTION/THERAPY

- Regular conditioning exercises
- Focusing upper an exercises



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PREVENTION/THERAPY

- Regular conditioning exercises
- Focusing on symmetrical upper and lower back exercises
- Regular swimming
- Secondary sports
- Stretching exercises



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Comprehensive back pain rehabilitation

- Medication using pills, injections and if necessary infusions
- Physiotherapy (ultrasaund, iontophoresis, etc.)
- Massage
- Balneotherapy
- Supervised therapeutic gymnastics
- Psychological guidance

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Supervised therapeutic gymnastics

Important basic principles (I.)

- Physical activity must begin as soon as possible
- The process of mastering the exercises must be supervised by a physician
- and it must be directed by an experienced, qualified physiotherapist



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Supervised therapeutic gymnastics

Important basic principles (II.)

- Exercise must be done:
 - carefully
 - gradually (with regard to both intensity and the number of repetitions)
 - regularly



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Final message

- Screening and early recognition and treatment of static disorders and anatomical abnormalities!
- Encouragement of regular physical activity and sport among young people!
- The level of physical activity of the whole population must be increased!
- In comprehensive back pain rehabilitation supervised, regular and gradual **therapeutic gymnastics** and **balneotherapy** are very important!

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Thank you!



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