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

VILMOS DANI M.D.

Department of Family Medicine Faculty of Medicine Semmelweis University – Budapest

Hungarian Tennis Association

GIZELLA PERÉNYI M.D.

Department of Rehabilitation National Institute of Sports Medicine Budapest

• Back pain is among the most common complaints.

• 80% of the population suffer at least one episode of low-back pain in their lifetime.

What can be done

to reduce

the number of these complaints?

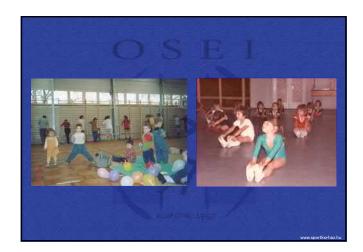
The physician's task

 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.

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?

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.



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	









PREVENTION/THERAPY

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



Comprehensive back pain rehabilitation

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

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



Supervised therapeutic gymnastics

Important basic principles (II.)

- Exercise must be done:
- carefully
 - gradually

 (with regard to both intensity and
 the number of repetitions)
 - regularly



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!



