

Ortho-One Orthopaedic Speciality Centre

February 2018

Back pain in Senior citizens

We all believe that age related degenerative changes or spondylitis cause back pain. But is this true? Not exactly. With age deficiency in calcium, Vitamin D and the bone protein mass result in weak bones. A sedentary life style can decrease the muscle mass as well. These problems result in conditions like Osteoporosis and Sarcopenia which by themselves cause back pain. But the popular belief that spondylitis causing pain is a myth. It is the same reason why all elderly people do not suffer from back/Neck pain.



Dr. Sreeramalingam, Spine Specialist at **Ortho-One** says, its always important to get your self evaluated and get your back pain treated. Conditions like calcium deficiency, Vitamin D3 deficiency and bone protein deficiency can be easily cured, which will give you complete relief of your pain. It is all the more important not to ignore pain which lasts for more than a month, as they may suggest a more serious illness. Look for signs like fever, weight loss, loss of appetite, weakness of legs or hand, disturbance of sleep due to pain or any change in bowel/bladder habits, because these are red flags which indicate serious illness.

Get proper treatment and live life to its full.

Mirchi Neon Marathon

The Mirchi Neon Marathon was conducted on February 24th, 2018 (Saturday) at Hindustan College of Arts and Science. More than 1000 runners participated in the run. **Ortho-One Orthopaedic Speciality Centre** served as a Sports Medicine Partner and first aid was given to the injured runners.



Kabadi Match

The Hindu organized The State Level Kabbadi Tournament at three different locations in the Month of February, 2018. The Tournaments were held in Jolarpet on 3rd and 4th, in Kanyakumari on 10th and 11th, and in Madurai on 17th and 18th. Few players encountered maximum injury in their ankle and shoulder areas.

Practical tips and educational lectures were given on prevention of Sports Injury to all the players. Ortho-One Orthopaedic Speciality Centre served as a Sports Medicine Partner. Mr. Paul (Physiotherapist) treated the injured Athletes in Jolarpet and Kanyakumari. He also explained about the techniques of playing safe and how to prevent

injuries. Mr.Ganesan (Sports physiotherapist) treated the injured Athletes in Madurai and gave a lecture on how to manage on field injuries.



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