

QUERIES OF PARTICIPANTS IN WORLD SPINE DAY 2020 WEBINAR  
ON 18/OCTOBER/20, ANSWERED BY DR. SHISHIR KUMAR

1. Phlegmatous condition of spine and Preventive measure of lumbar spondolysis and disc prolapse?

All three conditions are quite different. Phlegmonous conditions are infections like TB. We have enumerated the preventive measures for spondylosis and disc prolapse in our webinar now posted on you tube. Please refer to the following link-

<https://www.youtube.com/watch?v=Trw3fXsoD0A>

2. Sir, which is the recent surgery technique to get rid of chronic sciatica/back pain. Can it can be cured totally?

Sciatica and back pain can be cured fully by a combination of drugs, physiotherapy and life style adjustment. In a few cases we may need to resort to keyhole surgery which is quick, safe and painless. For further information you can consult our website <http://www.shishirspine.com>

3. Sir my father has spondylitis since the last three years and he always complains of heavy pain.

Please visit our website- <http://www.shishirspine.com> and fix up an whatsapp appointment for consultation.

4. What are covid safety precautions for safe spine surgery?

Our hospital has taken many covid safety measures for covid safe surgery.

For detailed information you could visit our webinar at- <https://www.youtube.com/watch?v=Trw3fXsoD0A> or our website at <http://www.shishirspine.com>

5. Diagnosis of Sacroiliac (SI) joint dysfunction?

SI joint dysfunction can be diagnosed by clinical means by symptoms and some provocative tests, notably the FABER test. Radiological imaging like X-Ray and MRI also give us an insight into the problem.

6. Spine problems?

Please refer to our website <http://www.shishirspine.com> and the associated links for further information

7. Lower back pain?

Please refer to our website <http://www.shishirspine.com> and the associated links for further information

8. I always have pain in lower back?

Go to <http://www.shishirspine.com> and click on the WhatsApp icon for WhatsApp appointment and consultation

9. Need to know about spine diseases and injuries?

Please refer to our website <http://www.shishirspine.com> and the associated links for further information

10. My spine is weak and it's very difficult to hold weights in front of my stomach like carrying a baby in arms. What should I do to improve the strength of my spine?

You will need spinal strengthening exercises. We will be putting up these exercises on our you tube channel [# shishirspine](#), by weekend, especially for you.

11. Spinal cord astrocytoma treatment?

Yes. Please visit website <http://www.shishirspine.com> and fix an immediate appointment.

12. L4 L5 disc bulge treatment?

Most often a disc bulge does not require treatment but requires simple spinal strengthening exercises. However exercising without physician advice may aggravate your back pain. Please visit our website <http://www.shishirspine.com> to fix up an appointment.

13. What is vertebroplasty?

Vertebroplasty and Kyphoplasty are procedures carried out for osteoporotic collapse fractures. For more information visit <https://www.youtube.com/watch?v=oD5WHn1y90Q>

14. Lumbar nerve root compression management?

Management is conservative and if no relief, surgical. For more information visit website <https://www.youtube.com/watch?v=Trw3fXsoD0A>

15. Pott's spine?

It is Tuberculosis of the spine and can lead to paralysis. For more information visit [https://www.youtube.com/watch?v=nI1GIa\\_sH9w](https://www.youtube.com/watch?v=nI1GIa_sH9w)

16. How to get rid of Low Back Pain and related problems?

Treatment of low back pain is the treatment of the *cause* of low back pain. Some aspect of this is being addressed in each of our webinar. For general information, please refer to our website <http://www.shishirspine.com>

17. Why do women mostly after marriage have back pain?

Women have back pain after marriage because to accommodate the increased size of the uterus with the baby, inside the abdomen, the muscles and the ligaments need to stretch and relax under the effect of a hormone called *elastin*. After childbirth, these lax muscles and ligaments need to be toned by exercise to support the body. That is why it is very important to do exercises after pregnancy.

18. Pain management by giving intrathecal injection in spine diseases?

Intrathecal injections (injections inside the dura) are generally avoided during pain management for spine surgery. Their use is generally reserved for severe and intractable pains, mainly for cancer patients.

19. How to care for the spine?

We are holding our next webinar on this topic. Please watch out for the announcement.

20. Remedies for back pain radiating to leg?

We have discussed it in detail in our previous webinar on World Spine Day. Please refer to

<https://www.youtube.com/watch?v=Trw3fXsoD0A>

21. How to treat spinal canal stenosis without surgery with 80% minimum relief?

Rest, analgesics, physiotherapy and epidural steroids may bring about relief in 70% of patients. However the relief in patients depends upon the degree and type of stenosis and the above management does not guarantee relief in any patient.

22. What medicine to take to avoid narrowing of spine?

There is no medicine to avoid narrowing of spine

23. What are the effects of L5S1 minor prolapse?

Does it affect genital and legs and how much. What are the medical and therapy remedies?

The degree of prolapse is not always proportional to the degree of complaints. The management of prolapse have to take into account patient's complaints and the MRI findings. Genital and leg pain are symptoms which can occur after this. Please visit our you tube channel <https://www.youtube.com/watch?v=Trw3fXsoD0A> for more information on the subject. You could visit our website <http://www.shishirspine.com> to set up a personal consultation for more answers to your specific problems.

24. Cervical spondylosis?

Exercise is the mainstay of therapy. Visit our you tube channel for the correct way of doing these exercises

<https://www.youtube.com/watch?v=yHoBNbOfRSs>

25. Why most of the time flexion of lumbar spine is painful?

If the back muscles are weak, the flexion will be painful

26. Which spine is most likely to get injury?

Dorsolumbar spine

27. What is the primary management for radiculopathy?

Please go through our webinar on this subject

<https://www.youtube.com/watch?v=Trw3fXsoD0A>

28. Suffering from severe lower back pain for last 3 years. Having weak muscles. Can it be controlled or cured?

Yes. Please fix up a consult with us by visiting our website

<http://www.shishirspine.com>

29. Young person 31 years old already having back pains, why?

Likely to be mechanical. You can fix up a consult with us by visiting our website <http://www.shishirspine.com> or calling 9717000908

30. Having spinal stenosis for the last 5 yrs, I cannot move more than 200 mts. at a stretch. I feel pain in right leg from waist to foot. I feel stretch of nerves on upper portion of foot. Also the whole lower portion of both feet has a no. of small bags of skin eruption.

Most likely you will need surgery. Please set up a consultation by ringing 9717000908 or our website <http://www.shishirspine.com> to set up an appointment

31. Knee pain management?

Question was answered in our webinar. Please refer

<https://www.youtube.com/watch?v=Trw3fXsoD0A>