

International Conference on

OBESITY & FITNESS EXPO

June 06-07, 2018 | Philadelphia, USA



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Exercises for modern life style backache – Conventional v/s mind body, which is the better option?

Low backache is known to affect 80% of the world population and 80% of it is caused by mechanical factors like poor posture, weak back and abdominal muscles and a poor modern day life styles. Muscles, ligaments, disc related problems are responsible for 5% of these low backaches. Hence to prevent and treat common low backaches, maintaining a back healthy life style is of paramount importance. Among other measures, back exercises that stretch and strengthen the core muscles involving the back, abdomen and thigh muscles, are the most important. While today's exercise regimen followed all over the world involving warm-up, stretching and strengthening exercises have shown to be quite effective in keeping our backs healthy, the emergence of modern day life styles and stress both as a cause and effect of low backache has made the conventional exercises and back healthy regime less effective. The need of the hour is a set of exercises that restores this imbalance and helps tackle stress as well. We need a paradigm shift from the body based exercises to mind body exercises. Yoga based integrated exercise approach seems to be the perfect choice when it comes to this form of exercise. The effectiveness of this yoga based approach over the conventional back care approach has been proved by RCT's conducted by Dr Ebnezar et al and Dr Padmini et al, at SVYASA Bangalore. They have in their study shown that patients of common low backache who were treated with Yoga based approach showed a significantly better ($P < 0.001$) results in all the variables like pain, spinal flexibility, Oswestry Disability Index, and most importantly reduction in stress scores and overall improvement in the quality of life over the patients who underwent the conventional therapeutic approach for modern day life style lower back pain. Yoga based exercises provides the missing link in the present day healthy back regime and apart from maintaining all the benefits of the previous therapeutic exercises adds a new dimension of mental and emotional control making this exercise program more complete and thereby effectively fulfills the lacunae of the earlier treatment methods for common low backache. Thus Yoga based exercises is emerging as the new gold standard in the conservative management of this most common malady afflicting the mankind since time immemorial and is undoubtedly the new mantra in keeping your back healthy, fit and fine.

Biography

John Ebnezar is an internationally renowned orthopedic surgeon, passionate about creating, conceptualizing, implementing preventive new orthopedic health awareness modules with an aim to propagate low cost orthopedic health care. He is specialized in trauma, spine, geriatric orthopedics and sports medicine. He holds Guinness World Records both for academics (2010) and social service (2015), only orthopedic surgeon in the world to do so. He is a PhD in yoga, involved in 6 original-yoga researches, won Best Research Award from SVyasa Yoga University (2012) for his work on knee arthritis and role of yoga in fracture healing (2010). He has pioneered a new treatment method, WHolistic Orthopedics, by blending modern orthopedics with Indian Yoga, which is simple, cheap, effective alternative for patients for whom knee replacement is not an option and also for patients with modern life style orthopedic problems and has redefined the way orthopedic ailments are treated across the globe.

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