

## **Correct Body Posture can prevent Back Aches**

Low back pain may seriously affect our daily life. The reasons include prolapsed intervertebral disc, spinal degeneration, sciatica and long-term improper posture etc. Approximately 10% of sufferers will develop chronic low back pain, which last for more than 3 months. A study conducted by the HKU Li Ka Shing Faculty of Medicine also showed that 10.8% of adults are suffered from severe pain, while 11.1% of them have back pain.

Chronic back pain can be defined as pain persists for more than three months. The cause is associated with the function of the spinal stabilizing muscle, which protects the spine and ensures a normal spinal mechanics. The spinal stabilizing muscle may not function well as a result of the back pain, or related to the lack of appropriate rehabilitation afterwards. Because of these, there would be a persistent spinal dysfunction and cause the continued pain in the spine.

For patients with non-specific chronic low back pain, conventional treatments like medication, physiotherapy and surgery may only bring limited benefits. In 1996, the Centre for Spinal Disorders of the Department of Orthopaedic and Traumatology launched a 12-week comprehensive rehabilitation therapy. Multidisciplinary professionals, including physiotherapists, occupational therapists and psychologists, are involved to provide assessment, training and counseling service to these patients. There were totally 100 patients with chronic low back pain and loss of working ability and the results showed that this therapy could progressively improve their daily function. Around 70% of the patients have restored working ability, and 40% of them could return to their job again.

To prevent low back pain, it is important to maintain correct posture in the daily life to prevent injuries to the spine.