



BACK PAIN? THE NEW CORPORATE PANDEMIC

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OBJECTIVES



Case scenario



Definition



Anatomy of the spine



Causes



Treatment



CASE SCENARIO

- RJ is a 33 years old gentleman with sudden onset of throbbing lower back pain.
- No history of trauma, no fevers, no constitutional symptoms, no chronic cough.
- He works as an accountant and sits in his office chair on average 9 hours a day





MECHANICAL BACK PAIN



Pain from muscles, ligaments, joints, or discs



Not due to serious disease



Most common type of back pain

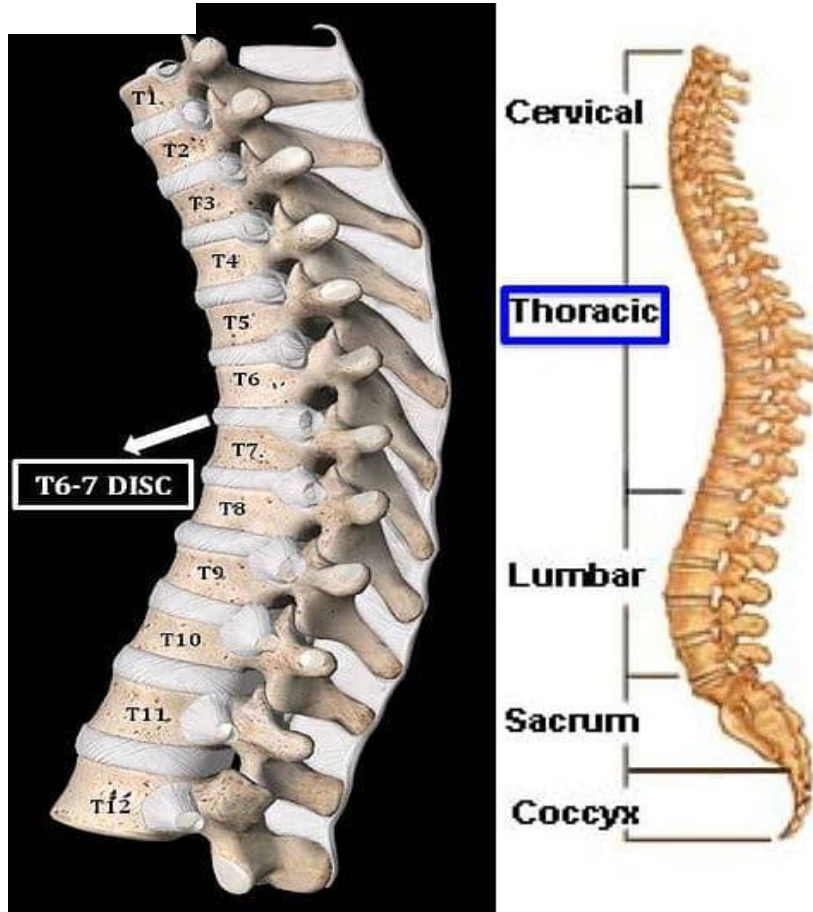


Lumbar Spine commonly affected
posture



Commonest cause is **bad**

ANATOMY OF THE SPINE



- Cervical, thoracic, lumbar spine
- Discs = shock absorbers
- Attachment of muscles

CAUSES OF BACK PAIN

Common causes of **BACK PAIN**



Spinal Arthritis



Injury &
Strained Muscle



Slipped Disc



Bad Posture



Sciatica

What Causes Low Back Pain?



Non-mechanical
disease processes



Heavy lifting



Trauma



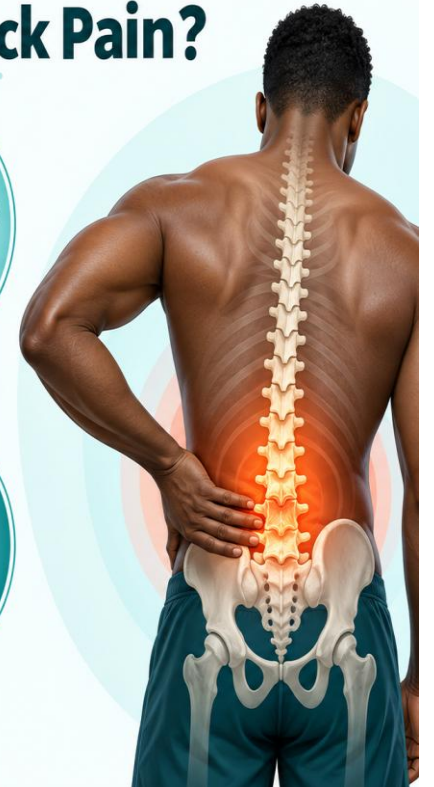
Poor sitting posture



Frequent
bending forward



Degenerative
conditions

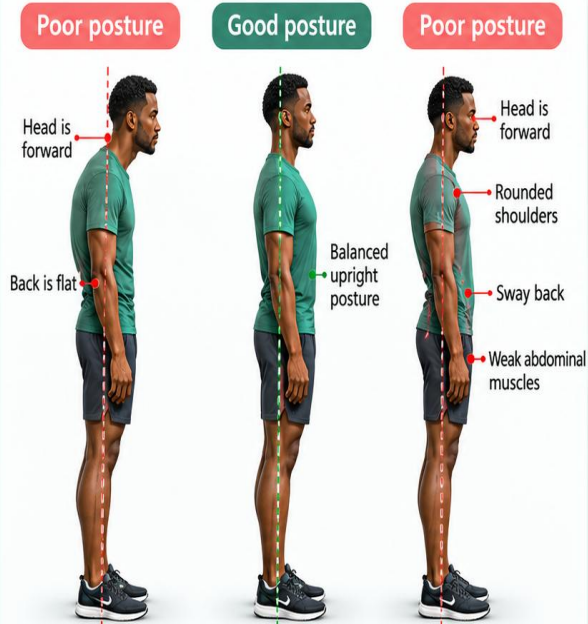




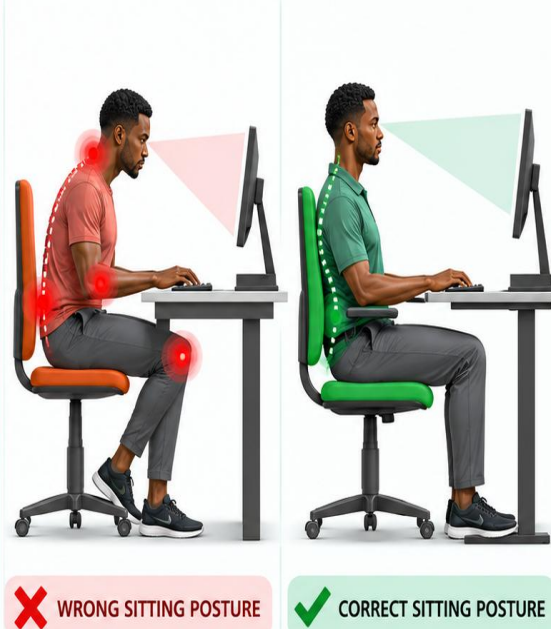
POSTURES

GOOD POSTURE VS POOR POSTURE

STANDING POSTURE



SITTING POSTURE

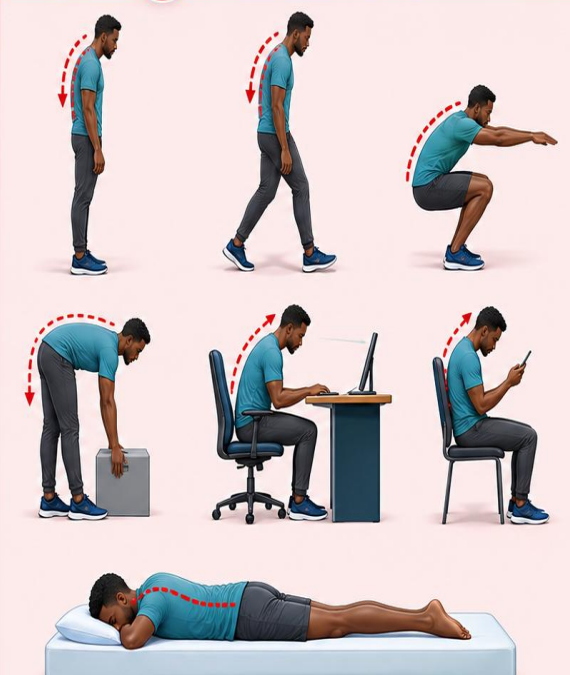


POSTURE

✓ CORRECT



✗ INCORRECT





RADIOLOGICAL FINDINGS

NORMAL LUMBAR X-RAY



PATHOLOGICAL LUMBAR X-RAY



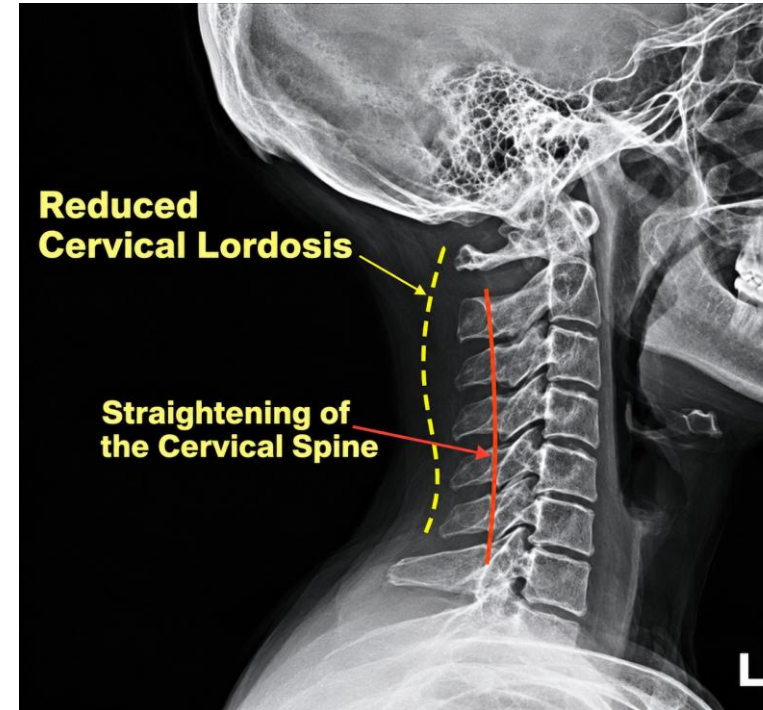


RADIOLOGICAL FINDINGS

NORMAL CERVICAL SPINE X-RAY



PATHOLOGICAL CERVICAL SPINE X-RAY

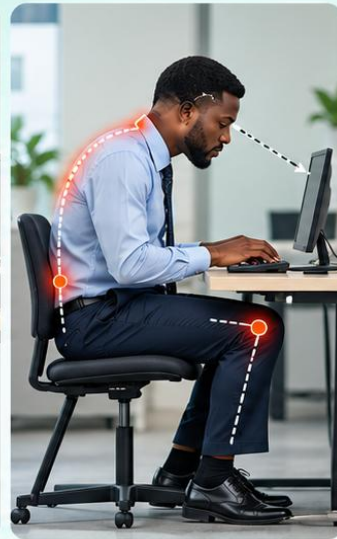


COMMON WORKPLACE CAUSES

WORKPLACE RISK FACTORS



Long desk hours



**Improper
workstation setup**



Laptop/phone use



Limited movement



Poorly Designed chairs

RED FLAGS

WARNING SYMPTOMS



Night pain



Neurological deficits



Numbness



Radiating pain



Weakness

Red Flags for Back Pain



Sharp Pain

Indicates potential muscle, ligament, or organ issues.



Radiating Pain

Suggests nerve compression.



Leg Weakness

May signal sciatica, spinal stenosis, or even stroke.



Numbness or Tingling

In the groin or glutes, suggests a nerve or spine condition.



Incontinence

Loss of bladder or bowel control can indicate nerve damage or infection.





MANAGEMENT

Low Back Pain Exercises



Standing hamstring stretch



Cat and camel



Pelvic tilt



Partial curl



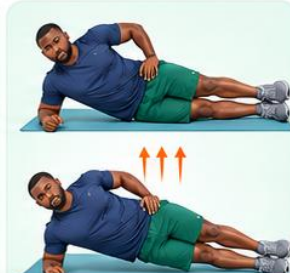
Extension exercise



Quadruped arm/leg raise



Gluteal stretch



Side plank

LOW BACK PAIN TREATMENT OPTIONS



Physiotherapy



Analgesia/Painkillers



Bed rest



Surgery



ORTHOPAEDIC WING



PREVENTION

PREVENT BACK PAIN



OFFICE HEALTH HAZARDS

ENSURE PROPER POSITIONING



- Forward head
- Rounded shoulders
- Unsupported lower back
- Wrists bent
- Poorly positioned knees
- Feet not flat



- VIEWING DISTANCE 18-24 INCHES
- MONITOR AT EYE LEVEL
- WRISTS STRAIGHT
- ELBOWS 90°
- KNEES 90°
- SEAT-BACK ANGLE 90-110°
- FEET FLAT ON FLOOR



OFFICE SYNDROME



Eye hyperemia



Headache



Shoulder pain



Backache



Neck pain



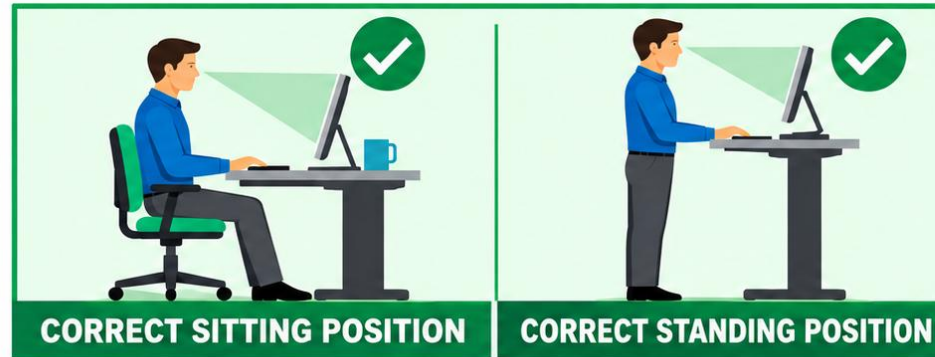
Tunnel syndrome



ERGONOMICS AT WORK

- Lumbar support chair
- Screen at eye level
- Feet flat
- Elbows at 90°

Ergonomics Optimising Your Workspace



Poor workstation setup is one of the most common contributors to neck, shoulder, and low back pain in office workers.

Even small postural deviations can increase spinal and muscular loading.



- ✓ Appropriate monitor height and distance
- ✓ Correct chair and lumbar support
- ✓ Suitable mouse and keyboard position
- ✓ Lower limb alignment



KEY TAKEAWAYS



Common and preventable



Posture is critical



Small daily changes reduce risk



Pay attention to red flags

THANK YOU FOR ATTENTION

ANY COMMENTS OR QUESTIONS

