

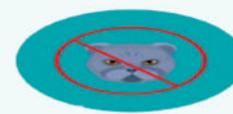
STATE TIMES

SUNDAY

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Physiotherapy hacks everyone should know

Low back pain and neck pain are the most common medical condition/complaint I've been facing with as a physiotherapist practicing here in Pune since 10 years. Little factors such as poor postural habits over time can lead to these painful conditions. That pain medication you're swallowing isn't the final answer and definitely not a long term solution...get help of a physiotherapist! All you need to adopt is the correct form during ADL (Activities of Daily Living). Physical activity also plays a vital role in whole body wellness but adopting Correct Form during activities of daily living and an even exercise is KEY! In his regard I am sharing few physiotherapy hacks which can prevent these kind of problems.

Travel at an ease without putting uneven stress on your back

The manner in which we lift and carry the bags and luggage puts a whole lot of force on our back any rotational or bending force acting on the back can lead to a severe back pain. Few examples to give are bending and lifting weights, pulling a bag from baggage counter at the airport or placing a heavy bag in the cabinet above.

Maintain a good Posture in sitting and standing: Don't drop your head to the gadgets

A bad posture in sitting, standing or working on a laptop puts uneven forces on the spine, giving rise to numerous muscular imbalances and giving rise to whole lot of postural faults. A bad static posture slows down the circulation which in turn reduces the amount of oxygen and nutrition coming to the muscles. This gives a chance for early degenerative changes in spine.

Take regular breaks if your Job demands sitting whole day

Are you aware of the fact that scientists doing research on spine and back problems have come up with a term: SITTING IS THE NEW SMOKING !!! You must be wondering WHY SO ? Here's a quick eye on some facts: After sitting for long hours:

- Enzymes that help us burn fat, drop by 90%
- After 2 hours, good cholesterol drops by 20%
- After 4 hours, insulin effectiveness drops and risk of diabetes rises

According to a study published in the Journal of the National Cancer Institute, which looked at more than 4 million individuals and 68,936 cancer cases, sitting for long periods of time increases your risk for colon, endometrial and, possibly, lung cancer. A study published in the American Journal of Epidemiology found that men and women who sat more than six hours a day died earlier than their counterparts who limited sitting time to 3 hours a day or less.

Taking regular break and changing posture often increases circulation in the muscles and vital organs and gets new blood and oxygen moving to that area keeping it nourished.

Use proper pillow size to avoid strain on spine

You might have always heard a debate on which pillow is best for the spine, and which does not give pain in the neck when you wake up in the morning. The idea is to have a pillow which supports right from shoulders to the head and the neck should not tilt or rotate when sleeping on the sides. The height of the pillow should be such that the neck should always be in line with the entire spine.

Never use Cervical Collar or Back brace for your pain which is not due to injury or fracture

We all are into a habit of protecting or guarding the part which is injured. But have you ever thought what could be the after



effect of it. Some of you use the cervical collar or back belt on a self prescribed basis for many days or weeks if you suffer from a neck or a back pain. Always consult a doctor or a physiotherapist before using such kind of supportive aids as long term use of these braces are detrimental, making your muscles weak and joints stiff reducing the mobility of your joints. Get yourself examined in detail and whether it is necessary for you or not.

Most effective energy healing techniques and how they work

Energy healing is a traditional healing system that restores the balance and flow of energy throughout the body, mind, and soul. This technique works directly with the physical, emotional and spiritual aspects of well-being. It is used to treat various medical conditions, especially ailments related to mental health. It addresses the illness caused due to disturbance of the energy flow in the body. It is believed that when the energy flow gets fixed, the person automatically gets cured. There are different types of energy healing techniques, which work differently to heal a person.

Here are the 5 most important types of energy healing techniques:

Reiki Healing

The word Reiki is made from two Japanese words called- 'Rei' meaning "God's wisdom" and Ki meaning "energy". This therapy is provided to a person along with traditional medicine to cure an illness. In this therapy 'ki' or the energy is used to help others. Lots of hand movement techniques and specific symbols are used to channelize the energy of the universe to heal the body. Reiki can help to cure ailments like cold, flu, head and stomach aches. It is also quite effective in serious illnesses such as heart disease.

Pranic Healing

Pranic healing is all about using the body's life force to heal the body energy. This therapy works specifically on the energy of the body or aura of a person. In this therapy, energy is used to clean the toxic from the body, thus accelerating the healing physical process.

Crystal Healing

Stones and crystals are used in this healing process to draw out impurities from the body. These stones and crystals work differently on the body and target different kinds of physical, emotional and spiritual problems. They repel negative energy from the body, which disturbs the mental and physical well-being.

Quantum Healing

Quantum healing therapy is based on the principle of resonance and entrainment. The energy level in the body is escalated through breathing and visualization of energy flow. Quantum Healing is not only a spiritual thing, but it also directs positive effects on the immune system.

Qigong

Qigong therapy is used to regain the lost balance of the body. With the history of some 4,000 years, Qigong is comprised of coordinated movements of the body along with breathing, and meditation to stimulates health and spirituality. The therapy has its root in Chinese medicine and is said to balance the positive energy of the body, which is required to stay healthy.



Excellent ways to save your kid from child obesity

Obesity in children is becoming more common as a result of poor dietary choices, but it is also important to understand that obesity can lead to long-term health problems. Simple steps can help kids learn and develop healthy eating habits so they can enjoy a lifelong healthy weight that supports an active, confident lifestyle. It is not about putting children on a diet. Calorie restriction, as well as categorizing foods as "good" or "bad," sets them up for failure. Instead, model healthy behaviors and teach children how to make nutritious choices.

Inculcate healthier eating habits

Early childhood nutrition is critical; what children are taught at a young age is usually what they follow for the rest of their lives. They are more likely to eat healthily if you do. Fill your pantry and refrigerator with nutritious foods such as: Fruits and vegetables, complete grains, Beans, lean meats, and poultry, and Dairy products that are low in fat or fat-free. Begin by ensuring that your child consumes at least two fruits per day and one green vegetable at every meal.

Make sure they drink enough water

We all know how important water is to the human body, and it is critical to teach children about it. It is advised to consume 8 to 10 glasses of water each day. To incorporate this into a child's daily routine, parents can give them a water bottle and instruct them that they must empty the entire bottle four times (depending on the capacity of the water bottle) throughout the day. This will get them into a routine, but remember not to force it on them because it will take time and your child may not initially drink the entire bottle for the set amount of time.

Encourage good sleeping habits

Sleep deprivation can have an impact on a child's weight. When you don't get enough sleep, your hunger hormones shift, which can lead to hunger. Furthermore, when your child is tired, they are not enthusiastic about physical activity. Children, depending on their age, require 8-14 hours of sleep per night. Give your child a set bedtime and keep their room cool, dark, and free of electronics to help them get enough sleep.

Make physical activity a daily habit

"Assist your child in incorporating physical activity into their daily routine. Physical activity can help your child develop strong bones, increase immunity, and improve their self-esteem, as well as help prevent obesity. Children under the age of six should be naturally active throughout the day. Take your kids for walks on a regular basis, and encourage outdoor play whenever possible," advises Dr. Archana Batra, Nutritionist, Certified Diabetes Educator & Physiotherapist.

Teach them about portion control

When children are hungry, parents may overfeed them, which is also incorrect. Portion control is another skill that children should be taught because it will come in handy throughout their lives. You can begin by ensuring that your child eats smaller portions with intervals in between rather than three large meals. This would keep them feeling fuller for longer, preventing them from overeating or binge eating. Provide them with healthy snack options such as cut-up fruit or air-popped popcorn. Don't let them skip meals in order to save room for snacks like chips and cookies.

