



## AHMEDABAD INSTITUTE OF MEDICAL SCIENCES

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## AHMEDABAD INSTITUTE OF NURSING SCIENCE

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AIMS Campus, Nr. S.P. Ring Road-Ognaj Circle, Nr. Lion's Karnavati Eye Hospital,  
Gota-Kalol Highway, Lapkaman, Ahmedabad-380060.

# NEWS FLASH

Volume - 7

Issue : November-2024

### Courses Offered

**B. Physiotherapy**  
Since 2006

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Since 2011

**B.Sc. Nursing**  
Since 2007



Affiliated to Gujarat University  
Recognized by Govt. of Gujarat



Affiliated to Gujarat University  
Recognized by Govt. of Gujarat



Recognized by Gujarat State  
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Recognized by  
Gujarat Nursing Council (GNC)



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## From the Editor's Desk

It is great privilege to present to you all about 7<sup>th</sup> news Bulletin. It will bring you timely, insightful, and relevant content that informs, engages, and empowers. We are committed to delivering quality content that not only keeps you informed but also sparks meaningful conversation and thoughts.

In this issue, we have included such kind of contents which offers fresh perspectives, expert opinions, and in-depth analysis. It is a valuable resource dedicated to advancing knowledge, fostering collaboration, and supporting the growth of our profession. As we navigate the challenges of an ever-evolving health care landscape, our commitment to providing you with the latest research, expert insights, and best practices remains unwavering.

Our goal is to provide content that not only educates but also inspires innovation and enhances the practice of health care professionals across all disciplines. We hope you find this issue both informative and engaging.

May your journey be filled with joy, success and fulfillment.

Together, we can continue to make a meaningful impact on the health and well-being of those we serve.

Warm regards,



**Dr. Gopi Contractor**  
Chief Editor  
Lecturer, AIMS

## EDITORIAL TEAMS MEMBERS



**Dr. Janki Shah**  
Lecturer, AIMS



**Mr. Jaimin Dave**  
Nursing tutor, AINS

## INSTITUTE CORE VALUES

**Responsibility**

**Sincerity**

**Co-operation**

**Respect**

**Sensitivity**

## SUMMARY OF STUDENTS WELFARE POINTS

1. Complimentary Mid Day Meal.
2. Complimentary books for first year UG students.
3. Complimentary Books on loan to second, third and fourth year UG students (with 100% Refundable Policy).
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6. Free uniform (2 pair) to first year B.Sc. Nursing Students.
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8. Accidental policy-5 Lakh.
9. Motivational prize to university rankers to all UG Students.
  - First ranker-First term fee complimentary.
  - Second ranker - 15,000/Rs.
  - Third ranker - 10,000/Rs.
10. Motivational prize to college rankers to all UG Students.
  - First ranker-5000/Rs.
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  - Third ranker-3,000/Rs.
11. Motivational Prize to PG College Rankers.
  - First ranker-5000/Rs.
  - Second ranker-4,000/Rs.
12. Motivational prize in college examination- Class test, College first term, Prelim exam.
13. Monthly scholarship- 2000/ Per Month.
14. Free WIFI facilities.
15. Birthday Celebration for all students of Physiotherapy (B.P.T & M.P.T) & B.Sc. Nursing.
16. Foreign country Guidance.
17. Campus interview-Placement.
18. Conference Research Incentive (Up to 1000/- Rs per year).
19. Sanitary Pad Vending & Disposal Machine for female Students.

# Low back pain

## Low back pain an epidemic; beat it with exercise

**Regular exercise is the most effective way to deal with low back pain, but it should be done under the supervision of physiotherapists**

The World Health Organisation (WHO) has identified low back pain as the leading cause of disability worldwide. In 2020, approximately one in 13 people—equating to 619 million individuals—experienced low back pain (LBP), marking a 60 per cent increase since 1990.

The WHO is urging governments and national health organisations to prioritise addressing low back pain.

Lumbago, a common and often debilitating form of lower back pain, can be both prevented and treated through regular exercise, physiotherapists emphasise.

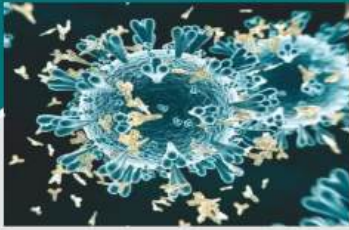
According to the latest clinical advice, regular exercise is the most effective way to combat lumbago. However, they stress that individuals suffering from back pain should exercise under the supervision of medical professionals, such as physiotherapists.

According to data from the Statistical Service, lumbago is the third most common reason for visiting a doctor, following hypertension and hyperlipidaemia. Neck pain and arthritis are also prevalent reasons for medical consultations.

LBP is a pervasive issue affecting millions worldwide, causing discomfort, limiting mobility and impacting daily life. As we observe World Physiotherapy Day, let us shed light on this common condition, explore its causes and discover how physiotherapy can provide relief and empowerment.

Physiotherapy helps reduce pain and stiffness, improves mobility and flexibility, enhances strength and stability, promotes long-term management and prevention and empowers individuals to take control of their condition. A physiotherapist will guide you on how to gain confidence in your back, increase your mobility and get active. Backs become healthier with movement and physical activity. Physiotherapists provide expert advice, guidance and treatment for low back pain. Low back pain does not have to dictate your life. Physiotherapy offers a non-invasive, empowering approach to managing and overcoming LBP. This World Physiotherapy Day, let us raise awareness, promote movement and support those affected by LBP.

**By : Dr. Neeta Vyas**  
Senior Advisor, AIMS



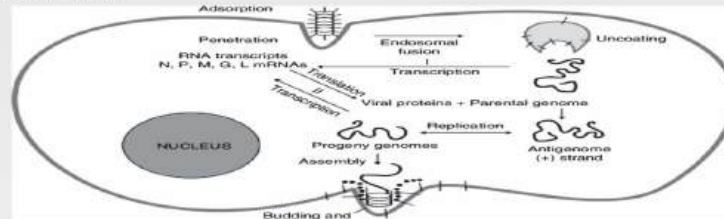
## CHANDIPURA DISEASE

**Introduction:** Chandipura Vesiculovirus is the member of the Rhabdoviridae family that is associated with an encephalitis illness, Chandipura Encephalitis in humans.

**First diagnosed:** It was named after the village it was first identified in, Chandipura village in Maharashtra, India during an outbreak of encephalitis in 1965.

**Recent outbreak:** In July 2024, Sabarkantha district of Gujarat in India experienced an suspected outbreak particularly in children. This suspected outbreak has raised significant public health concerns due to the rapid spread and the severity of symptoms observed in the affected individuals.

**Life cycle of Chandipura virus:**



**Age Group Affected:** The disease affects mostly children under 15 years of age and can be present with a febrile illness that may in some cases result in death

**Mode of Transmission:** The virus is transmitted through bites of infected sandflies or mosquitoes carrying the virus in their salivary glands.

**Primary Vector:** Female Phlebotomine Sandflies,  
Mosquitoes (e.g., *Aedes aegypti*)

**Sign and symptoms:**

The symptoms of the Chandipura virus infection range from mild respiratory distress to more severe complications. Common initial symptoms include:

- ❖ High Fever.
- ❖ Headaches.
- ❖ Fatigue.
- ❖ Body and muscle aches.
- ❖ Vomiting.
- ❖ Convulsions.
- ❖ Altered Sensorium

These symptoms can progress rapidly to neurological complications such as seizures, coma, and even death, making early diagnosis and prompt medical intervention crucial.

**Diagnostic Test:**

Early diagnosis is critical and is typically confirmed through laboratory testing of blood (PCR) or cerebrospinal fluid samples and serological assays

**Curative measures:**

There is no specific treatment or vaccine available for the Chandipura virus infection. Management support on supportive care and preventive measure.

**Prevention Measures:**

**Vector Control:** Reducing the population of sandflies and mosquitoes through targeted interventions.

**Eliminating Breeding Sites:** Identifying and removing potential breeding sites for sand flies and mosquitoes.

**Protective Measures:** Using insect repellents, wearing protective clothing, and employing bed nets to prevent bites.

**Environmental Control:** Ensuring proper waste disposal and sanitation to reduce vector habitats.

By : **Ms. Trupti Brahmbhatt**  
Vice Principal, AINS

## Research Abstract

### “PREVALENCE OF LOWER CROSS SYNDROME IN DESK JOB EMPLOYEES”

**Background and need of research :** Lower cross syndrome (LCS) is a condition which involves muscle imbalances characterised by weak abdominals and gluteus muscle and shortened iliopsoas and lumbar extensors. Identifying the prevalence in desk job employees who has a static work position with prolonged hours helps in early detection and can prevent further complications such as chronic back pain and postural imbalance.

**Methodology :** An observational study was conducted among 63 desk job employees of both the gender between age group of 25-50 years according to inclusion and exclusion criteria. Muscle strength of abdominals and gluteus was assessed by manual muscle technique (MMT). Length of iliopsoas was measured by universal goniometer and length of lumbar extension was measured by modified schober test.

**Result :** The result of study shows that 52.63 % of population is having iliopsoas tightness, 68.42% of population is having gluteus muscle weakness, 57.89% of population is having decreased length of lumbar extensors whereas 73.68% of population is having reduced strength of abdominals.

**Conclusion :** the study provides a better understanding of impact and the extent of lower cross syndrome. It shows a significant prevalence of lower cross syndrome in desk job employees.

By : **Grishma Gohil**  
FY - MPT

### “KNOWLEDGE, AWARENESS, ATTITUDES AND PRACTICES ABOUT CRYOKINETICS AMONG PHYSIOTHERAPISTS OF AHMEDABAD CITY”

#### **BACKGROUND AND NEED OF RESEARCH :-**

A systemic mix of cold applications to numb the afflicted body area followed by graded, progressive exercise is called cryokinetics. Research is needed to assess identification of knowledge gaps and awareness about recent evidences. Also to cinch about the standardisation of protocols and ensuring they are up-to-date with the latest techniques.

#### **METHODS :-**

127 physiotherapists from Ahmedabad participated in an online self-administered KAAP questionnaire created per WHO format consisting of 23 questions and four sections, knowledge, awareness, attitudes and practices. After review by 3 experts, modifications were implemented in questionnaire. Test-retest reliability was assessed. The Cronbach's alpha was 0.705 which is acceptable. (knowledge  $\alpha = 0.555$ ; awareness  $\alpha = 0.354$ ; attitudes  $\alpha = 0.826$  & practices  $\alpha = 0.774$ ).

#### **RESULT :-**

The mean age of participants (females=108, males=19) was  $23.5 \pm 2.6$  years. The average percentage scores indicated good level of knowledge 44.61% (n=56). Awareness of technique was demonstrated in 42.23% (n=53). Moreover, 61.25% (n=77) exhibited a positive attitude towards cryokinetics, and about 52.74% (n=66) expressed willingness to engage in fair practice if instructed about the same. And about 48% (n=60) personify themselves as beginners on this subject.

#### **CONCLUSION AND CLINICAL IMPLICATION :-**

Study showed moderate knowledge, creditable awareness, commendatory attitude and unprejudiced outlook on practice of cryokinetics among physiotherapists. Outcomes of this study could provide impetus for customized medical education necessary to incorporate cryokinetics and its applications into physiotherapist rehabilitation programs. Efforts should be made to address the hindrances to the subject.

**KEYWORDS :-** Cryokinetics, Physiotherapists

By : **Samriddhi**  
FY - MPT

# GUJARAT UNIVERSITY TOPPERS AIMS

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**STARS OF THE MONTH**  
AUGUST-2024

Congratulations for the out standing performance  
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**Samridhi Jain (70.12%)**  
College Rank - 1st  
Gujarat Uni. Rank - 4th



**Zalak Sheth (66.62%)**  
College Rank - 2nd  
Gujarat Uni. Rank - 14th



**Nehal Patel (65.87%)**  
College Rank - 3rd  
Gujarat Uni. Rank - 17th

**AIMS**  
Ahmedabad Institute of Medical Sciences

**STARS OF THE MONTH**  
DECEMBER-2024

Out Standing performance in Gujarat University Examination  
**FINAL YEAR BPT**



**Modi Surbhi J. (75%)**  
College Rank-1st ,  
Guj.Uni. Rank 5th



**Shah Dishita(74%)**  
College Rank-2nd  
Guj. Uni. Rank 7th



**C. M. Sravya(73.33%)**  
College Rank-3rd  
Guj. Uni. Rank 12th

**AIMS**  
Ahmedabad Institute of Medical Sciences

**STARS OF THE MONTH**  
DECEMBER-2024

Congratulation  
Out Standing performance in Gujarat University Examination  
**FIRST YEAR BPT**



**Harvi H. Sudani (74.5%)**  
College Rank-1st ,  
Guj.Uni. Rank 2nd



**Mahi D. Rajgorehti (72.82%)**  
College Rank-2nd  
Guj. Uni. Rank 8th



**Astha H. Patel (72.4%)**  
College Rank-3rd  
Guj. Uni. Rank 10th

# COLLEGE TOPPERS AINS

**AINS**  
LIGHTING LIVES  
Ahmedabad Institute of Nursing Science

**STARS OF THE MONTH**  
SEPTEMBER-2024  
Congratulations



**RAVAT UNNATI CHANDRAKANT**  
1st Rank (72%)



**ACHARYA TISHA DIPAKUMAR**  
2nd Rank (69.23%)



**DESAI CHIRAG BABUBHAI**  
3rd Rank (68.21%)


[for securing 1st, 2nd, 3rd Rank in Fourth Year B.Sc. Nursing Preliminary Examination (2023-24)]

**AINS**  
LIGHTING LIVES  
Ahmedabad Institute of Nursing Science


**STARS OF THE MONTH**  
OCTOBER-2024  
Congratulations



**SHIVAMKUMAR CHAUDHARY**  
1st Rank (80.44%)



**SOLANKI CHARA MAHESHKUMAR**  
2nd Rank (71.55%)



**MANSURI NAINABAI MUSTAFA**  
3rd Rank (68.88%)

[for securing 1st, 2nd, 3rd Rank in First Year (Sem.-II) end semester Examination (2023-24)]

**AINS**  
LIGHTING LIVES  
Ahmedabad Institute of Nursing Science

**STARS OF THE MONTH**  
NOVEMBER-2024  
Congratulations



**SOLANKI SALONI DALSUKBHAI**  
1st Rank (76.3%)



**VISHNU VIKAS SURESHDAS**  
2nd Rank (76.00%)



**PATEL KAVYABEN SURESHBHA**  
3rd Rank (74.66%)

[for securing 1st, 2nd, 3rd Rank in Second Year (Sem.-III) Gujarat University Examination (2023-24)]

**AINS**  
LIGHTING LIVES  
Ahmedabad Institute of Nursing Science

**STARS OF THE MONTH**  
DECEMBER-2024  
Congratulations



**RAVAT UNNATI CHANDRAKANTBHAI**  
1st Rank (75.2%)



**PAPPARI DHRUVI RAJESHKUMAR**  
2nd Rank (74.4%)



**PATEL VIDHI MANHARBHAI**  
3rd Rank (72.2%)

[Fourth Year B.Sc. Nursing Batch-2020 for securing 100% result in Gujarat University Examination held in November-2024]



## CPR TRAINING FOR AINS SEM-3 STUDENTS

CPR is an emergency procedure that can help save a life when someone's breathing or heartbeat has stopped. CPR training program held on 25<sup>th</sup> November & 26<sup>th</sup> November, 2024 at KD Institute of Allied health science.



## AIMS PHYSIOTHERAPY WEEK CELEBRATION

On the occasion of World Physiotherapy Day AIMS celebrated whole week with different activities like CME, Poster presentation, Community awareness program for patient as well as college staff from 2<sup>nd</sup> September to 6<sup>th</sup> September, 2024.



## CURRICULAR ACTIVITIES AIMS & AINS



**2<sup>nd</sup> National Conference was Organised by Indian Association of Physiotherapy Women's Cell at New Delhi on 21<sup>st</sup> & 22<sup>nd</sup> September-2024.**



**Advance Critical Care One Day Workshop Conducted by Dr. Ashok Sharma.**



**Visit at Nuclear Medicine Dept. of M.P. Shah Cancer Hospital, Asarwa, Ahmedabad.**



**Camp on PFT was Organised at Ognaj, Ahmedabad.**



**Principal's Meet Was Organised by AIMS**

## CO-CURRICULAR ACTIVITIES AINS



**B. Sc. Nursing Welcome Programme**



**Seminar on Medical Gloves**



**Superstition Awareness Programme**



**Tree Plantation Programme**

## CO-CURRICULAR ACTIVITIES AIMS



**BPT orientation for the New batch  
(2024-25)**



**Navratri celebration at  
AIMS**



**Mirchi Fresher's was organized  
for FYBPT students by  
Radio Mirchi**



**Lecture and interactive session  
on "wellness and skin care" by  
Dr. Bansri Mahadevia (MD Dermatologist)**



**Student of AIMS took part in the protest  
ralley against ABHAYA case organized  
by AHMEDABAD MEDICAL ASSOCIATION**



**Fresher's party was organized  
by SYMPT for new batch of  
FYMPT**

## STUDENT CORNER



Patel Vidhi

Nursing - Sem.-4

Infinite conversations, a never-ending sea  
Where words flowed like waves, and memories used to be  
A bond so strong, a connection so deep  
Where hearts beat as one, in a love-filled sleep  
  
But now, the waves have stilled, the tide has turned  
The conversations that never ended, have finally learned  
To fade away, like footprints in the sand  
Leaving behind, a hollowed-out land  
  
Memories linger, like whispers in the night  
Echoes of laughter, a distant, fading light  
The silence is deafening, a heavy heart beats  
For the conversations that ended, and the memories that retreat  
  
What was once endless, now lost in time  
A chapter closed, a story left behind  
The conversations that never ended, now a memory  
A bittersweet reminder, of what used to be.

- Brinda Vaghasiya

SY - BPT

### अलविदा

एक एक कर के काटने वाले दिन,  
कुछ सबके साथ, कुछ अपनों के बिन,  
जो बचे हैं वो दिन भी बीत जायेंगे,  
बस कुछ समय की बात है,  
अब कहा ये अपने नजर आएँगे!!

हम नहीं होंगे ना कोई हमसा होगा,  
तुम भी नहीं ना कोई तुमसा होगा!!

तुम यादो के दरवाजे को जब-जब यूँही खोलोगे,  
यारी दोस्ती की बातों को जब समय के तराजू पर तौलेंगे,  
तुम पाओगे खट्टे मिट्टे यादो के अफसाने,  
वो कॉलेज का जलसा, वो ट्रिप के सपने सुहाने!!

तुम फिर सोचोगे एक दिन को,  
चलो फिर लौट कर चलते हैं,  
कुछ नये सपने नये ढँग से बुनते हैं!!  
पर जिंदगी फिर थपकिया देकर जगाएंगी,  
वक्त में कितना आगे आ चुके हो तुम,  
हौले से कानो में समझेंगे!!

तुम कहोगे क्या वक्त को थोड़ा थाम लो,  
साथ हमारे बैठ कर यादो के एक दो जाम लो,  
उसे क्या पड़ी है इन बातों की,  
उन्न किस्सों की उन्न यादों की,  
पर ये दिल तो हमेशा उनहिन यादों पर रहेगा फिदा,  
चलो भाई चलते हैं.....अलविदा अलविदा

- Tol Kiran A.

Final B.Sc. Nursing



Hetanshi Patel

SY - BPT

## CO-CURRICULAR ACTIVITIES AIMS-AINS



Students of AIMS won "SSPC Box cricket tournament"



Tree plantation at AIMS lush green garden



AIMS-AINS frequently organizes Cyber Crime awareness programs.



Foreign Country Education Guidance by Pyramid Overseas Education Consultants at AINS



Campus Interview of CIMS Hospital at AINS

# STUDENT CORNER



Patel Devang

Nursing - 2nd Year



Maitri Salvi

Nursing - Sem.-2



Riya Patel

SY - BPT

## How modern lifestyle affects public health

# What is modern lifestyle??

It refers to the way people live their lives in 21st century,, characterized by advancement in technology, globalization & changes in social, economic and cultural norms.

Modern lifestyle affects millions of people in this world who used to follow an unhealthy lifestyle. As per the report of the WHO , 60% of health issues are found to be associated with modern lifestyles. According to society, unhealthy lifestyles are alcohol consumption, drug intake, smoking and so on.

# How does a modern lifestyle influence health issues??

Some unhealthy habits make us have trouble living a disease free life.

- Smoking habit
- Lack of physical activity/Exercise
- prone to drug abuse
- Technology addiction
- Disturbed sleep cycle
- Excessive use of cell phones
- Sexual behavior

# How does an unhealthy diet and lack of Exercise lead to poor health??

An unhealthy diet and lack of Exercise contribute to public health risks. It includes obesity ,heart disease and stroke. These factors not only affects the person but they can affect their family and community too. An unhealthy diet causing nutrition deficiency may lead to many physical and mental health issues. These health issues in turn, affect the quality of life of an individual for a long time. Poor Exercise habits may results in poor fitness and contribute to poor public health.

# What are the problems associated with the modern lifestyle?? Nowadays , people are accepting a sedentary lifestyle, which facilitates them to do less movement and operate everything from home by sitting on their couch. Various health issues associated with the modern lifestyle are;

- Bronchial disease
- Text neck
- Hearing loss
- Acidity & gastrointestinal issue
- Obesity
- Computer vision syndrome
- Heart disease
- Feet deformities

# How to keep a track of a healthy lifestyle??

- Healthy diet
- Healthy body weight
- Physical activity

# What are the benefits of healthy lifestyle??

- It increases energy level and maintaining a healthy weight.
- In long term, can increase the life of a person and decrease the risk of being affected by disease like obesity, osteoporosis, cancer, diabetes and cardiovascular disease.
- Boosts stamina by practicing regular Exercises, reducing weakness & providing strength to the body.
- A healthy lifestyle helps to make a person feel better and improves mental health, too.

Adapting to modern lifestyle is necessary nowadays, but at the same time , people should maintain a healthy lifestyle instead of ruining their health in modernity.

- Kalsariya sneha  
SY - BPT



# સ્ટાર ઓર્થોપેડિક હોસ્પિટલ

120-122, પહેલો માળ, સત્યમેવ એમીનન્સ, મેકડોનલ્ડ્સ કેફેની પાછળ,  
શુકન મોલ પછીના ચાર રસ્તા, સાયન્સ સીટી રોડ, અમદાવાદ.

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# How to Make Your Spine Invincible: The Truth About "Bad" Postures

## Introduction

The spine is often portrayed as a fragile structure, with "bad posture" demonized as the ultimate nemesis of spinal health. We've all heard it: "Don't slouch," "Keep your back straight," and "Lift with your legs, not your back." While these warnings are well-intentioned, they often oversimplify the biomechanics of the spine and our body's capacity to adapt and grow stronger.

What if I told you that training certain so-called "bad" postures can make your spine not just resilient, but invincible? Let's dive into the basics of spinal anatomy, why specific postures are considered harmful, and how to safely train your body to handle these positions with strength and control.

## Basic Anatomy of the Spine

The human spine is an engineering marvel made up of three main regions:

- 1. Cervical Spine (Neck)**
  - Consists of seven vertebrae (C1–C7).
  - Designed for mobility, enabling rotation, flexion, and extension.
- 2. Thoracic Spine (Mid-back)**
  - Made up of twelve vertebrae (T1–T12).
  - Primarily built for stability and protecting vital organs like the heart and lungs.
- 3. Lumbar Spine (Lower back)**
  - Contains five vertebrae (L1–L5).
  - Known for its weight-bearing capacity and flexibility.

Each segment is cushioned by **intervertebral discs**, supported by ligaments, and moved by surrounding muscles. The spine naturally forms three curves—cervical lordosis, thoracic kyphosis, and lumbar lordosis—that help absorb shock and maintain balance.

## Why Certain Postures Are Considered "Bad"

Traditional thinking labels certain postures as harmful based on their perceived stress on the spine:

- 1. Rounded Back (Thoracic Kyphosis)**
  - Slouching is often blamed for causing upper back and neck pain due to increased pressure on the intervertebral discs and surrounding muscles.
- 2. Hyperextension (Overarching the Lower Back)**
  - Overarching the lumbar spine can compress the facet joints and strain the lower back muscles, contributing to pain or injury over time.
- 3. Spinal Flexion Under Load (e.g., Rounding Your Back During Deadlifts)**
  - Excessive rounding of the lumbar spine under heavy loads is feared because it places stress on the discs and may increase the risk of herniation.

In all of these examples, the thing to be noted here is that, all of these positions load your spine with potential energy that gets converted to kinetic energy. This kinetic energy if executed in a wrong angular vector may cause severe injuries and back pain. While these postures can indeed lead to issues if consistently maintained in an untrained state, the body is incredibly adaptive. With deliberate training, you can strengthen the muscles and connective tissues that support these positions, turning them from liabilities into assets.

## The Case for Training "Bad" Postures

- 1. Adaptation and Resilience**

The principle of **progressive overload** applies to the spine just as it does to other parts of the body. By gradually exposing the spine to stress in "bad" postures, you can strengthen the surrounding muscles, ligaments, and discs, making these positions safer over time.
- 2. Functionality**

Life doesn't always happen in neutral posture. Whether you're picking up a child, tying your shoes, or lifting a heavy box, your spine often moves into non-ideal positions. Training these positions prepares your body for real-life demands.
- 3. Improved Range of Motion**

Training in unconventional postures enhances your spine's mobility and flexibility, reducing the risk of injury from sudden or unexpected movements.

## Guidelines for Safe Training (MOST IMPORTANT SECTION)

- 1. Start Light:** Use manageable weights and focus on mastering technique before progressing.
- 2. Control is Key:** Move slowly and deliberately, especially in end-range positions.
- 3. Progress Gradually:** Incrementally increase load and range of motion to allow your body time to adapt.
- 4. Listen to Your Body:** Discomfort is normal during adaptation, but sharp pain is a signal to reassess your approach.
- 5. Incorporate Complementary Training:** Balance "bad posture" training with exercises that reinforce neutral posture and spinal stability, like planks and bird-dogs.

## How to Train "Bad" Postures Safely

### 1. Rounded Back Training

**Why it's beneficial:** Strengthens the spinal erectors, builds robustness in the thoracic and lumbar spine, and improves resilience against flexion-based injuries.

**Example exercises:**

- Jefferson Curls: Controlled, loaded spinal flexion from standing to full forward fold. (Low Volume and High Repetitions) (start with 3kg volume and repetition of 20 curls)
- Seated Good Mornings: Focus on rounding the back under a manageable load to build spinal endurance. (3-5 kg Load with 20 repetition for a Set)

### 2. Hyperextension Training

**Why it's beneficial:** Builds strength in the posterior chain, including the glutes, hamstrings, and spinal stabilizers.

**Example exercises:**

- Reverse Hypers: Strengthens the lower back while decompressing the spine. By hanging your legs down the edge of the bed, you'll need to bring your feet to the ceiling. Note that your face has to be towards your bed (Start with Only Gravity resistance and 15 repetitions)
- Back Extensions: The Well Known "Super-Man" extensions provide Controlled spinal extension under moderate load. (Start with Only Gravity resistance and 15 repetitions)

### 3. Loaded Spinal Flexion (e.g., Deadlifts with a Rounded Back)

**Why it's beneficial:** Mimics real-world lifting mechanics and conditions the spine to handle heavy loads safely.

**Example exercises:**

- RDLs with a Slightly Rounded Back: Helps build tolerance to flexion under load. (Note that straightening your back in excessive speed and/or load WILL damage your back and thus coining the term "BAD" posture)
- Sandbag or Atlas Stone Lifts: Introduces controlled spinal rounding in functional, heavy-lifting scenarios. (for the people who go to gym and are willing to train a bit more than normal)

## Conclusion

The narrative that "bad posture" is inherently harmful oversimplifies the complexity and resilience of the human body. By training specific "bad" postures in a controlled and progressive manner, you can build a spine that is not only resilient to these positions but thrives in them.

Your spine is not fragile—it's adaptable. With the right training, you can unlock its full potential and make it invincible.

By : **Sahej Verma**  
Intern, AIMS



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**D**r Shirazahmed Munshi, an Interventional Pain and spine endoscopy specialist at Cheers Multi Speciality Hospitals, Ahmedabad and Kalkot, is the pioneer of his field in India and East Africa. An MBBS, D. Ortho, he has also done many DNB in anaesthesia, FIP (Fellow in interventional pain), FIP (Fellow in orthopedic spine), FIP (Fellow in orthopedic spine) and FIP (Fellow in orthopedic spine) from USA, one under Dr. Satishchandra Gore from Pune, and another on Selective Endoscopy Discectomy (DISC) from Phoenix-Arizona. He has achieved the milestone of earning FIPP from World Institute of Painlands), FIPP is the highest qualification in interventional pain management at pre-sent global level.



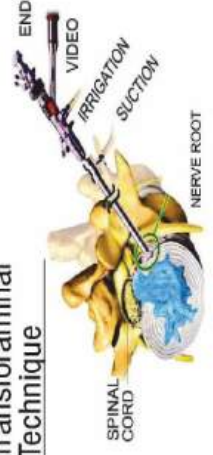
**Dr Shirazahmed Munshi,** chairman & founder, Cheers Multi Speciality Hospital

endoscopic system which helps in performing spine surgery with the help of endoscope under local anaesthesia. Dr Munshi's dream and goal is to work towards creating a 'painless world' by constantly innovating and providing world class treatment options to the patients.

### UNDERSTANDING A FEW PROCEDURES...

- 1 Transforaminal discectomy:** This is mainly done for slipped disc / sciatica. It is a minimally invasive spine technique using endoscope to treat herniated, protruded, extruded, or degenerative discs that are a contributing factor to leg and back pain. The endoscope allows doctor to use a 'keyhole' incision to access the herniated disc. Muscle and tissue are dilated rather than being cut when accessing the disc. This leads to less tissue destruction, less postoperative pain, quicker recovery times, earlier rehabilitation, and avoidance of general anaesthesia. The excellent visualisation via endoscope permits the doctor to selectively remove a portion of the herniated disc that is contributing

### Transforaminal Technique



to the patients' leg and back pain. The procedure is performed in an outpatient setting. The patient is awake throughout the procedure. Hence, during the procedure, valuable feedback can be obtained from the patient so there is no chance of any major neurological damage, even by mistake. Radiofrequency probe/electrocautery also helps depopulate and ablate the pain fibres in the annulus, in case of major spinal stenosis, side firing holmium laser, endoscopic burr, and techniques are very helpful. As the procedure is under local anaesthesia with very small incision, patients can be mobile after the procedure. No hospitalisation is needed in most patients.



**3 Endoscopic fusion:** In the absence of dynamic spinal instability, fusion is required. Percutaneous screw placement, under live X-ray guidance with or without fusion is the latest technique for such selected cases.



### HOW ENDOSCOPIC DECOMPRESSION IS SUPERIOR TO OTHER SURGICAL TECHNIQUES...

- It's a day care surgery and the patient can be mobile after a few hours.
- Endoscopic Decompression is done under local anaesthesia, so it is suitable for high risk and elderly patients.
- Endoscope gives direct and higher visualisation of pain generators.
- It has minimum pain and not much bone cutting or minimal tissue disruption happens.
- Chances of complications

### Interlaminar Technique



**2 Interlaminar endoscopic decompression:** It is mainly done for narrowing of spinal canal and instability.

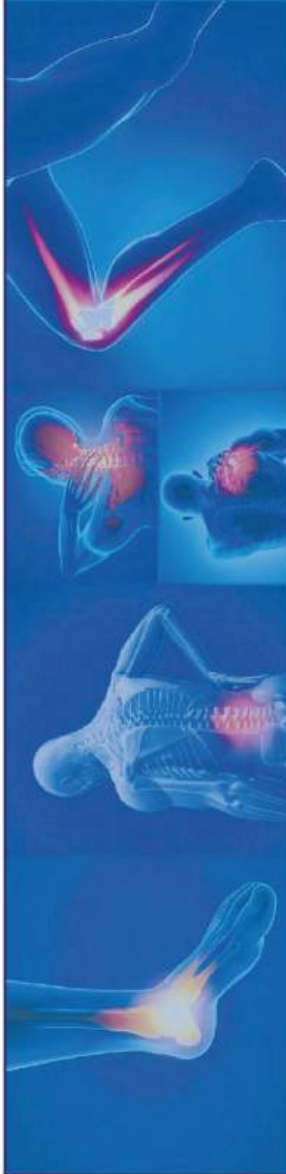
are negligible in expert hands. The procedure can be done in cases of already operated patients too.

### OUR WORK LIBRARY

- Transforaminal Nerve Blocks > 15000
- RF Ablation > 6000
- Trigeminal Neurectomy > 4000
- Selective Endoscopy Discectomy / Decompression > 5000
- Vertebroplasty > 300
- Spinal Cord Stimulation > 70
- Intrafascial Pump > 35
- Endoscopic Cervical Discectomy and Decompression > 50

### FOR A BETTER SPINE:

- Teach your kids the correct posture in all the limbs to sit at a table, stand, or walk. Educate them to the correct height for a desk or workstation. Periodically changing positions helps reduce slouching and hunching.
- When lifting an item off the floor, bend your knees and squat down, keeping your back straight. Do not bend over at the waist.
- Have a good sleep surface. A firmer mattress offers better support for the spine. Back sleepers should put a pillow under the knees to keep the spine aligned, and side sleepers should place a pillow between the knees.
- Exercise your core to keep your back strong. This includes gentle stretching like yoga, and other exercises to strengthen them. Make sure you follow the proper form so you don't risk injury.
- Wear supportive and correctly sized shoes. Runners may need orthotic shoes depending on their gait. Hiking boots provide ankle support on uneven surfaces and cushioned shoes reduce the impact if you're on your feet all day.
- Don't wear a heavy backpack. You shouldn't carry more than 10-15 per cent of your body weight or wear it across one shoulder. The pack should sit close to your back and the weight should be evenly distributed.



**No one should live with pain, No one Should die of pain**

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- Have you been advised for open spine surgery?
- Already had spine surgery without much improvement?
- Do you get easily tired while long walking or standing?

**If your answer is yes, then we can help you**

**“Without open surgery, under local anaesthesia you can walk home after the treatment”**



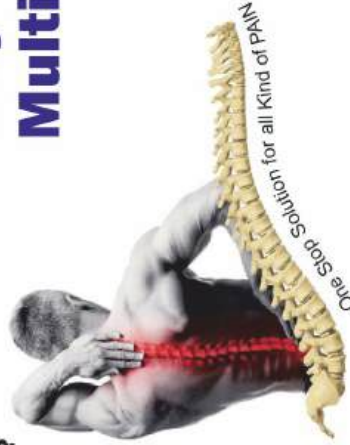
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**Pune, USA**

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