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Nanavati Hospital conducts program on spine management

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Sedentary lifestyle and poor postures the most common causes of spinal ailments



Only one in five patients, suffering from spinal disease, need to undergo a surgery, said leading spine surgeons from Nanavati Institute of Spine Surgery (NISS). The team has performed over 1000 spine surgeries in past two years and said majority patients neglected back pain and lacked awareness about the spine management programs.

The spine rehabilitation program at Nanavati Super Speciality Hospital, spearheaded by eminent spine surgeon, Dr Mihir Bapat cited spinal diseases as one of the most feared and common diseases today.

“There is a huge economic, psychological and physiological burden in terms of loss work due to frequent leaves and decreased quality of life. Fear of spinal diseases tends to drive these people towards opting for traditional treatment methods rather than seeking a professional spine rehabilitation program,” said Dr Bapat, Director NISS who recently accomplished the feat of completing 8000 spine surgeries.

Statistical trend of spine patients at Nanavati Super Speciality Hospital (NSSH) showed sedentary lifestyle and poor postures as the most common causes of spinal ailments. While the patient suffering from back problems were spread across age group of 18 to 65 years, lumbar slip disk was considered as most common disorder amongst all.

“Mobile and computer over use and obesity were also amongst the common causes of back pain as they tend to put excess pressure on the spine and spinal column. Due to technological and clinical advancements, we were able to perform successful microsurgical, key-hole procedure to ensure minimal hospital stay and early recovery” said Dr Amandeep Gujaral, Senior Consultant, NISS.

Dr Rajendra Patankar, Chief Operating Officer, Nanavati Super Speciality Hospital said the spine rehabilitation program at the hospital is one of the most advanced and busiest in the country.

“The annual prevalence of Spinal Cord Injuries is about 20 million and majority of patients fear of spinal surgeries and increase their probabilities of temporary or permanent disability. All our patients who lead a painless, post-surgical life are standing testimonials of advancements in spinal surgeries and its success rate,” said Dr Patankar.