

‘Back’ing you up

Hale and hearty 64 year-old businessman Subhash Patel* was leading an active life. Since the last 5 years, he seemed to be ignoring a backache and radiating pain with tingling sensation in both his lower limbs. With aggravating symptoms and restricted mobility to just 5 minutes of walking since the last six months, he sought help from numerous physiotherapists, acupuncture therapists and alternative medicine - but in vain.

He finally reached out to the Spine Clinic at Ruby Hall Clinic Wanowarie. Upon clinical and radiological evaluation by spine specialists, he was diagnosed with a compression of nerves in his lower back along with one vertebra slipping over another. He required surgical intervention wherein his nerve roots were freed and his back was strengthened with screws and rods. Two weeks post surgery, he resumed his job. Six weeks later, you now see a visibly happier and pain free man. Patel now walks for over 40 minutes without rest and complains of no pain or discomfort as such.



The Spine Clinic at Ruby Hall Clinic Wanowarie offers personalised care for spinal disorders by leading spine experts using the newest technologies and proven treatments. Their integrative approach includes thorough clinical evaluation complemented with state-of-the-art diagnostic facilities such as MRI, CT scan and digital x-rays available round the clock under the same roof. This includes optimum safe treatment of disorders of the cervical, thoracic and lumbar spine. At the Spine Clinic, patient management begins with an evaluation followed by comprehensive explanation of the findings and recommendations for the most effective treatment and post-treatment care. Patients experience seamless coordination of all clinical and support services that are hallmarks of spine care at Ruby Hall Clinic.

Every year, the hospital treats thousands of patients with conditions of the back and neck, ranging from the most

common to the most complex. Whether your goal is to get back to sports, work, hobbies or just enjoying life, the spine specialists here can help. They perform all kinds of spinal procedures ranging from conventional to minimally invasive spine surgery including laser assisted microscopic and endoscopic surgeries. In fact, they have been exclusively trained in all sorts of spinal diseases and disorders with recognised national and international fellowships in spinal surgery. Ruby Hall Spine Clinic is

unique for its professional approach blended with quality personalised care. The specialised multidisciplinary team includes orthopaedic spine surgeons, neurosurgeons, neurologists, radiologists, rheumatologists, pain management specialists, physiotherapists and occupational therapists.

A specialised rehabilitation and physiotherapy department stands tall at the centre. In addition to this, the hospital boasts of a unique Back and Neck School. It focuses on teaching back and neck strengthening and endurance exercises

along with range of exercises to improve its flexibility in a systematic graded format of increasing difficulty level. The centre also stresses on the practice of ergonomics which emphasises the right way of doing daily activities like sitting, standing, sleeping, bending, lifting with proper posture.

Marking the occasion of World Spine Day which falls on the 16th of October 2016, Ruby Hall Spine Clinic will be offering a staggering 20% discount on all spinal diagnostic tests beginning today for an entire month.

From nagging back pain to spinal deformities, from twitchy limbs to posture correction and everything else in between - Ruby Hall Spine Clinic in Wanowarie is the place to visit!

**name changed to protect patient identity*

WHEN IS IT TIME TO VISIT A BACK SPECIALIST?

- Persistent or recurring back or neck pain
- Unrelenting neck or back pain not relieved by rest
- Disturbed sleep due to back or neck pain
- Back pain associated with fever, weight loss or loss of appetite
- Back or neck pain following a traumatic incident, accident or injury
- Back pain with a history of cancer
- Radiating pain, tingling sensation, heaviness in upper and lower limbs
- Hampered walking time and distance due to leg cramps
- Inability to walk for 20 to 30 mins without back or leg pain
- Imbalance and unsteady gait while walking
- Loss of bowel or bladder control
- Weakness in upper or lower limbs
- Deformity or hump in back
- Back or neck pain before 20 and after 50 years of age