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A Health Initiative

HOME REMEDIES FOR BACK PAIN

What are the causes of back pain?

- ✓ Low back pain is caused by injury to a muscle (strain) or ligament (sprain).
- ✓ Common causes include improper lifting, poor posture, lack of regular exercise
- ✓ Often, the only symptom is pain in the lower back.

COMBATING WORK-RELATED
BACK PAIN
NATURALLY & EFFECTIVELY



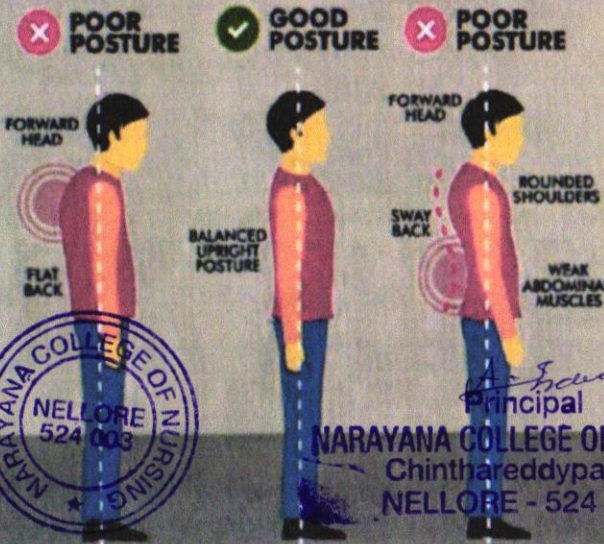
Exercise helps my back. If I don't exercise, that's when it starts to hurt. The pain is a good motivator to run and exercise.

Author: Bear Grylls

"Tips to Prevent Back Pain"

- Exercise Regularly
- Follow a Healthy Diet
- Maintain a Good Posture
- Don't Overload Your Bag
- Avoid Cradle the Phone Between Your Neck and Shoulder
- Wear Comfortable Shoes
- Sleep on a Comfortable and Ergonomic Mattress
- Invest in a Good Chair
- Lift with Your Knees and Keep the Object Close to the Body
- Quit Smoking
- Have Regular Spinal Check-Ups

DO YOU HAVE GOOD POSTURE?



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Back stretches at your desk

5 seconds and 3 times each

Chest Up
Elbows Out



Leaning
Hamstring
Stretch



Side
Stretch



Pillow support for lower back relief

1-2 pillows under
your knees

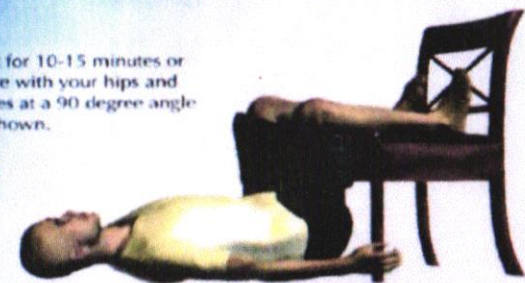


1-2 pillows between
your knees



Back pain relief position

Rest for 10-15 minutes or more with your hips and knees at a 90 degree angle as shown.



EXERCISES TO REDUCE LOWER BACK PAIN



STANDING HAMSTRING STRETCH



PARTIAL CURL



EXTENSION EXERCISE



QUADRUPED ARM/LEG RAISE



CAT AND CAMEL



SIDE PLANK



PELVIC TILT



GLUTEAL STRETCH

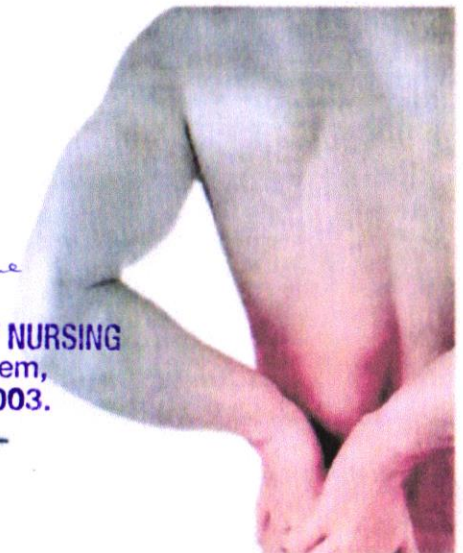
THE VERY BEST
THING
YOU CAN DO
FOR THE WHOLE WORLD
IS TO MAKE
THE BEST
OF YOURSELF.

- ❖ Maintain correct posture during activities. ...
- ❖ Maintain correct posture when sitting. ...
- ❖ Use ice or heat.
- ❖ Stretch your muscles. ...
- ❖ Wear proper footwear. ...
- ❖ Maintain a healthy weight.
- ❖ Stay active.



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నడుమునొప్పి
LOW BACK PAIN



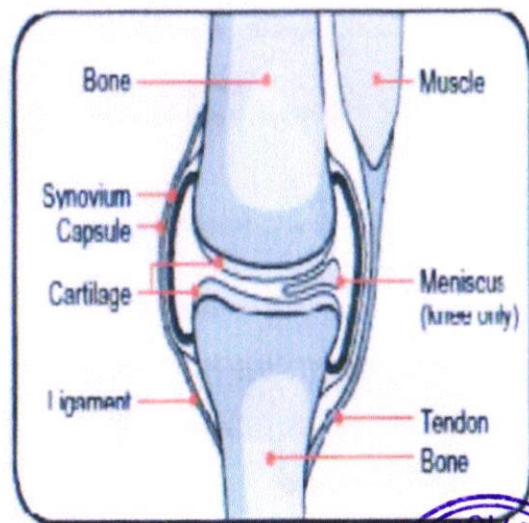
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BACK PAIN

Osteoarthritis

- ❖ OA is more common in women than men,
- ❖ But the prevalence increases dramatically with age.
- ❖ OA of the knee is a major cause of mobility impairment, particularly among females.

A normal knee joint



HOME EXERCISES

Thigh muscle (quadriceps) exercises



Straight-leg raise (sitting)

Sit well back in the chair with good posture. Straighten and raise one leg. Hold for a slow count to 10, then slowly lower your leg. Repeat this at least 10 times with each leg. If you can do this easily, try it with light weights on your ankles and with your toes pointing towards you. Try doing this every time you sit down.



Straight-leg raise (lying)

Bend one leg at the knee. Hold the other leg straight and lift the foot just off the bed. Hold for a slow count of 5, then lower. Repeat 5 times with each leg. Try doing it in the morning and at night while lying in bed.



Leg stretch

Sit on the floor with your legs stretched out in front. Keeping your foot to the floor, slowly bend one knee until you feel it being comfortably stretched. Hold for 5 seconds. Straighten your leg as far as you can and hold for 5 seconds. Repeat 10 times with each leg.



Leg cross

Sit on the edge of a table or bed. Cross your ankles over. Push your front leg backwards and back leg forwards against each other until the thigh muscles become tense. Hold for 10 seconds, then relax. Switch legs and repeat. Do 4 sets with each leg.



Sit/stands

Sit on a chair. Without using your hands for support, stand up and then sit back down. Make sure each movement is slow and controlled. Repeat for 1 minute. As you improve, try to increase the number of sit/stands you can do in 1 minute and try the exercise from lower chairs or the bottom two steps of a staircase.



Step ups

Step onto the bottom step of stairs with the right foot. Bring up the left foot, then step down with the right foot, followed by the left foot. Repeat with each leg until you get short of breath. Hold on to the bannister if necessary. As you improve, try to increase the number of steps you can do in 1 minute and the height of the step.

Knee squats

Hold onto a chair or work surface for support. Squat down until your kneecap covers your big toe. Return to standing. Repeat at least 10 times. As you improve, try to squat a little further. Don't bend your knees beyond a right angle.



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- "Remove home hazards".

Ex: Slippery Tiles , DoorSteps

- Light up your living space.
- Use Assistive devices.

Ex: Standing Frame, Sticks & Canes



FALL PREVENTION PROGRAM



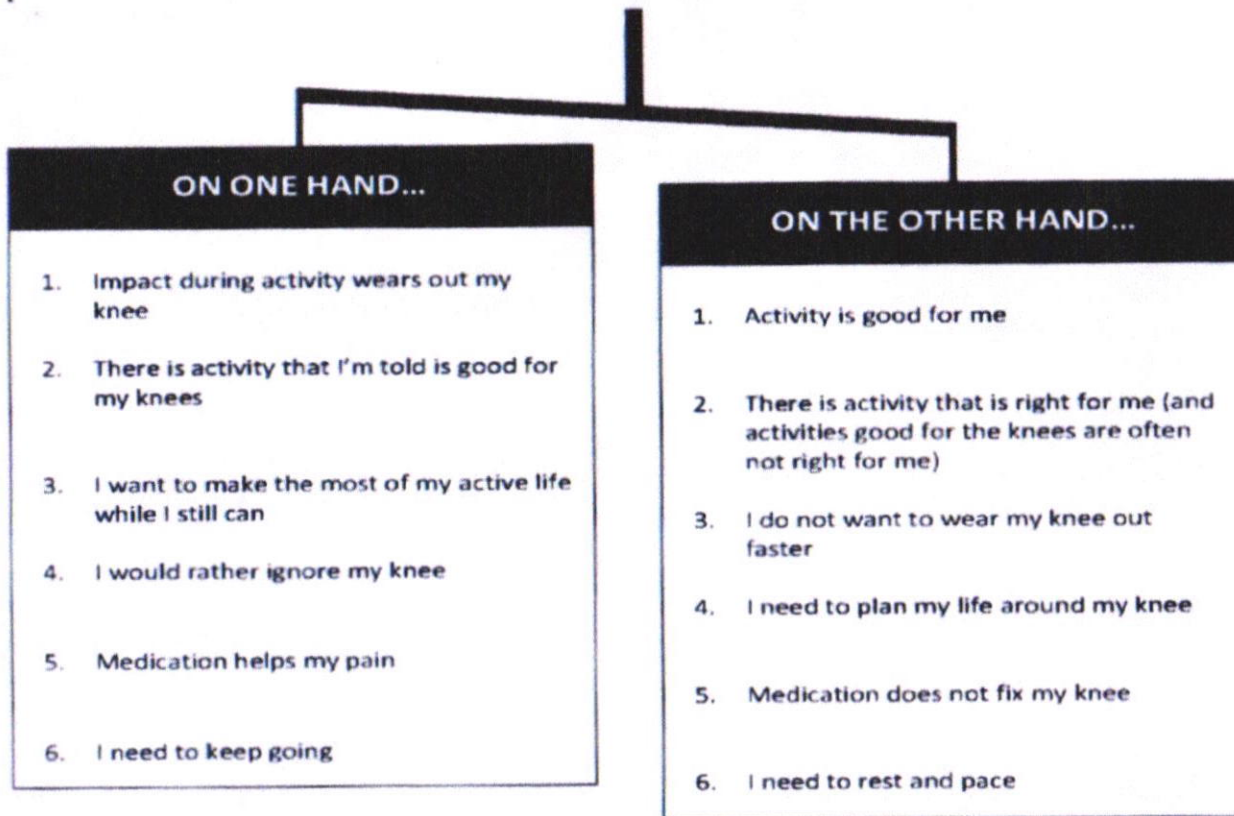
Educating patients potential for falling while hospitalized is **VERY IMPORTANT.**

Frame/Walker



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❖ Living with osteoarthritis is a balancing act: an exploration of patients' beliefs about knee pain



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Summary

- ❖ Knee pain can be caused by a number of different things. Whatever the cause, exercise and keeping to a healthy weight can reduce symptoms.
- ❖ Try the exercises suggested here to help ease pain and prevent further damage.



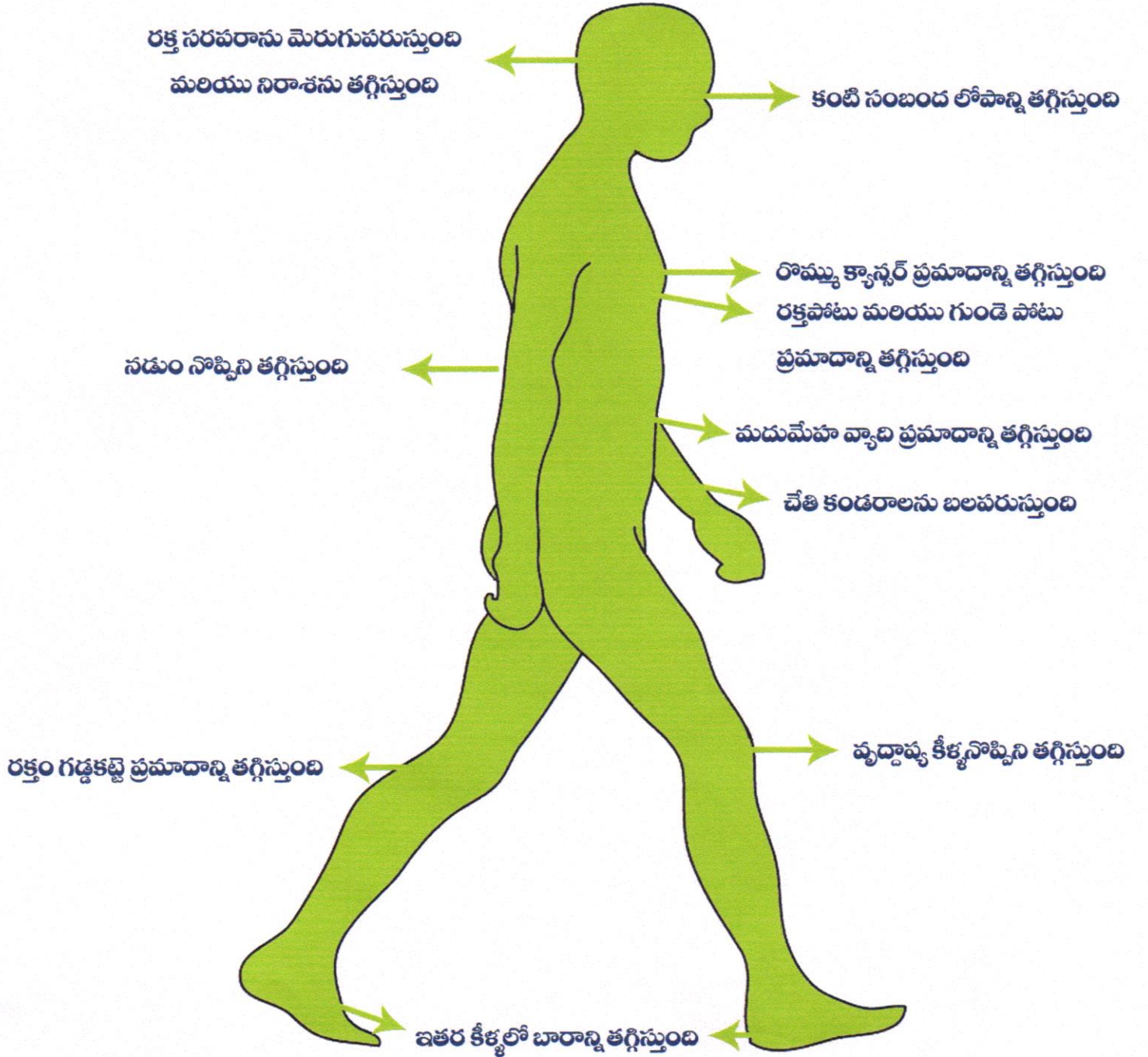
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మోకాలి నొప్పి
Knee Pain



❖ Stay active: *A. S. Reddy*
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శారీరక శ్రమ - చురుకైన నడక ఉపయోగాలు



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ఆరోగ్య చైతన్యాలయం

రామ్ము స్వయం పరీక్ష

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S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



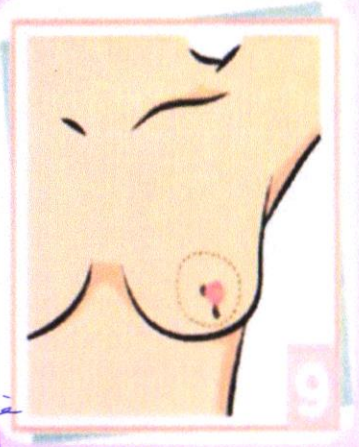
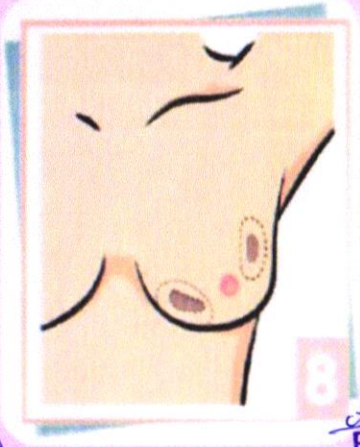
నెలసరి తర్వాత
అడవ రోజు రామ్మును
అలాగా పరీక్షించుకోవాలి

చెయ్యి పైకెత్తి రామ్ము
మరియు చంకలను
పరిశీలించాలి

రామ్ము పరీక్షకు
చేతివేళ్ళ మొనలను
ఉపయోగించాలి

రామ్ము పైకి క్రిందకి
ఈ విధంగా
పరీక్షించుకోవాలి

అర్ధవృత్తాకారంలో
పరీక్షించుకోవాలి



వృత్తాకారంలో
పరీక్షించుకోవాలి

రామ్ములోగడ్డలు
ఏమైనా ఉన్నాయా
అదంలో చూసుకోవాలి

రామ్ముపై
ఏమైనా చూస్తున్నారా
ఉనాయో చూసుకోవాలి

నెల ఆకారం,
చింతారణ ద్రవాలు
వసునాయో చూసుకోవాలి



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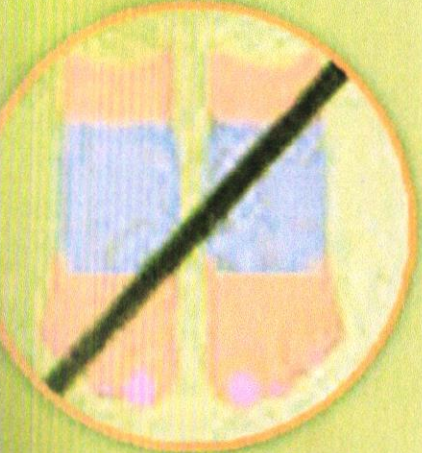
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మధుమేహవ్యాధి: పాదసంరక్షణ

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తాపన (Heat)వ్యాడేను వ్యడూ ఉపయోగించ కూడదు



అధిక హీల్స్ వేసుకోవడం మానుకోవాలి



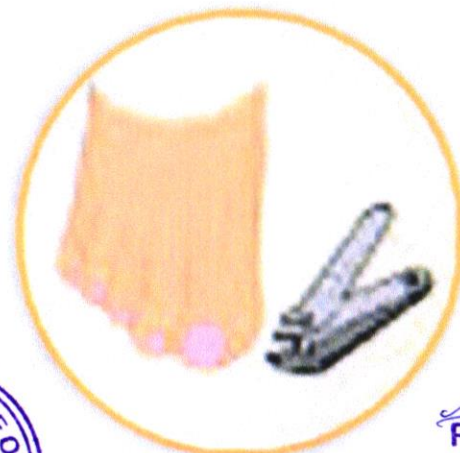
పాదాలమీద బొబ్బలను పగులగోట్టవద్దు



బిగుతుగా వుండే చెప్పులు వేసుకొనరాదు



కాలుమీద కాలువేసుకొని కూర్చోకూడదు



గోరుకట్టరేత గోర్లను కత్తిరించుకోవాలి



నబ్బతో శుభ్రపరచుకోవాలి



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కాళ్లను తేలికపాటి

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మధుమేహవ్యాధిర్రుస్తుల పాద పరిశీలన



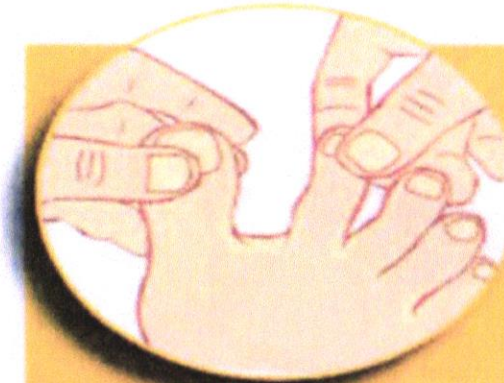
ప్రతిరోజు పాదాలను
శుభ్రపరచుకోవాలి



ప్రత్యేకంగా కాలి వేళ్ల మధ్య
పొడిగుడ్డతో శుభ్రపరచుకోవాలి



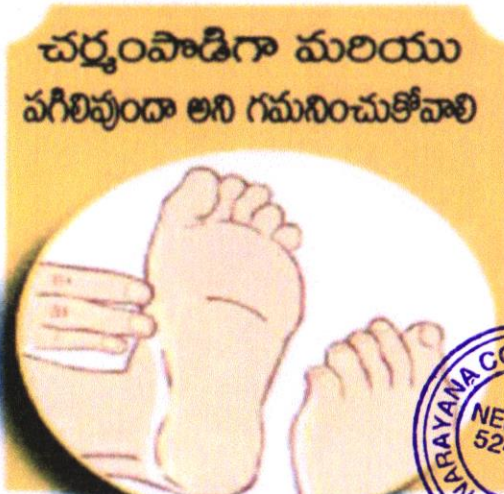
పాదాలలో బొబ్బలు, ఉష్ణోగ్రత
మార్పులు గమనించుకోవాలి



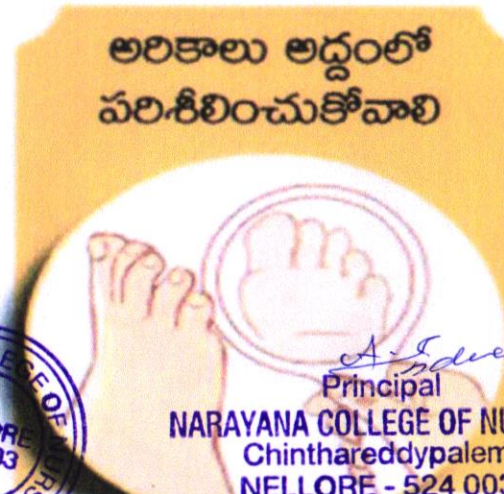
కాలివేళ్లమధ్య మరియు
ప్రతివేలు గోరును పరిక్షించుకోవాలి



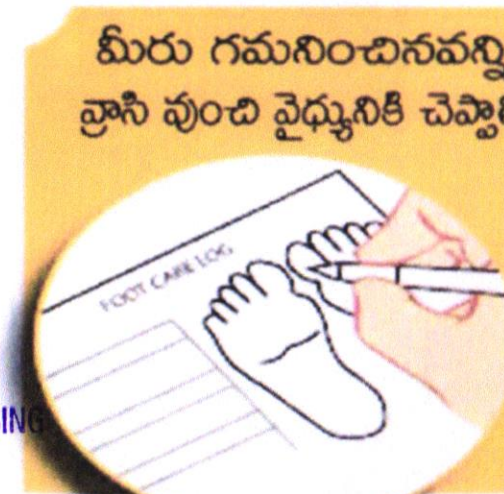
వేళ్లగోళ్లను నేరుగా
కత్తిరించుకోవాలి



చర్మంపొడిగా మరియు
పగిలివుండా అని గమనించుకోవాలి



అరికాలు అద్దంలో
పరిశీలించుకోవాలి



మీరు గమనించినవన్ని
వ్రాసి వుంచి వైద్యునికి చెప్పాలి

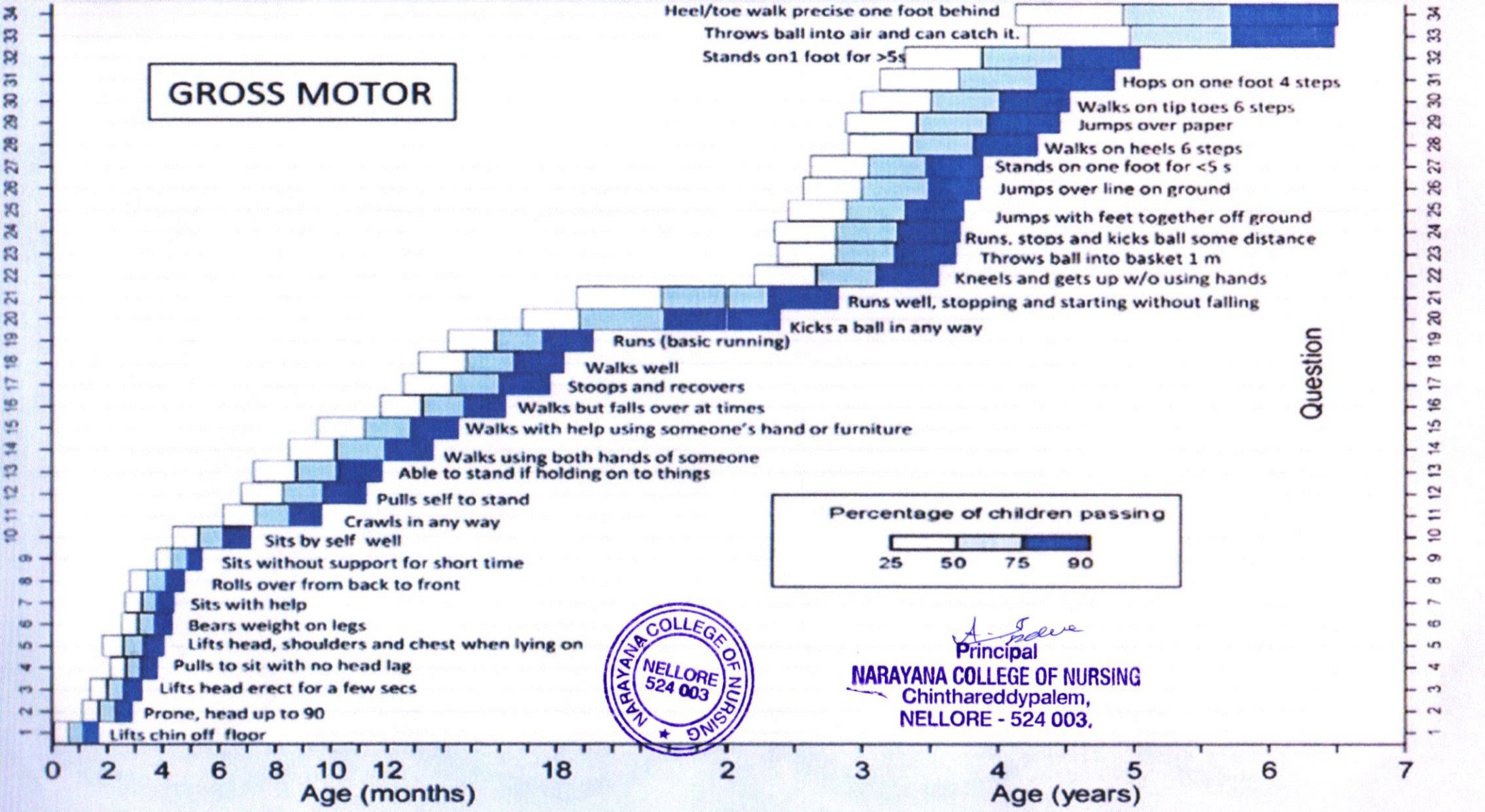


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డెన్స్ పట్టిక

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నారాయణ ఆరోగ్య ప్రాజెక్టు

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ప్రపంచ ఆరోగ్య సంస్థ (WHO) బరువు వర్గీకరణ

బరువు వర్గీకరణ	శరీరద్రవ్యరాశి సూచిక (BMI) $BMI = \frac{\text{బరువు (కేజీ)}}{(\text{ఎత్తు})^2 \text{ మీటర్}}$
తక్కువ బరువు	<18.5
సాధారణ బరువు	18.5 - 24.9
అధిక బరువు	25.0 - 29.9
ఉబకాయం	≥ 30
ఉబకాయం తరగతి - 1	30.0 - 34.9
ఉబకాయం తరగతి - 2	35.0 - 39.9
ఉబకాయం తరగతి - 3	≥ 40



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