

■ Seminar On Low Back Pain Held

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KOCHI: Amrita Institute of Medical Sciences in association with Kerala Orthopaedic Association and Cochin Orthopaedic Society conducted 'Amrita Spine Course 2014', a seminar on low back pain and related diseases. Excise Minister K Babu inaugurated the programme by releasing brochures on low back pain and scoliosis to create awareness on it.

Low back pain affects people of all ages, from children to the elderly, and is a very common health problem worldwide and a major cause of disability. Intervertebral disc prolapse and related spinal disorders result in activity limitation.

Various treatment modalities for disc prolapse and back pain, including microsurgery and minimally invasive spinal instrumentations, were discussed by a panel of experts. More than 100 delegates from Kerala, Tamil Nadu, Karnataka and Andhra Pradesh attended.

Dr Prem Nair, medical director, Arvind Jayaswal from All India Institute of Medical Sciences, New Delhi, Dr Sajesh K Menon of neurosurgery and Dr Krishnakumar R of Orthopaedic Spine Division spoke.