

BACK PAIN

WHAT IS BACK PAIN?

Back pain may also be known as Dorsalgia and is a pain that originates in the muscles, nerves, joints, bones and other areas of the spinal column. It can range from a dull, constant ache to a sudden, sharp pain.

WHAT ARE THE RISK FACTORS?

Risk factors includes:- Age, Fitness level, Diet, Occupational risk factors, Cigarette smoking.

WHAT ARE THE CAUSES OF BACK PAIN?

Type of causes include:- mechanical problems, injuries, acquired conditions and diseases, infections and tumours. Stress can worsen it by causing back muscles to become tense and painful.

PREVENTING BACK PAIN

- **Exercise** – regular exercise keep your back muscles strong.
- **Diet** – a healthy diet provides sufficient nutrients to your body and prevent osteoporosis.
- **Posture** – practicing good posture, supporting your back properly and avoiding heavy lifting can help prevent injury.

WHEN TO SEE THE DOCTOR?

If the pain lasts longer than 72 hours, or you experience any of the following symptoms:

- Constant pain, especially pain that worsens when lying down
- Pain that moves into one or both legs
- Feelings of numbness, tingling, or weakness of a limb
- Pain that follows a traumatic injury
- Bowel or bladder problems that develop along with back pain
- Unexplained weight loss

HOW IS BACK PAIN DIAGNOSED?

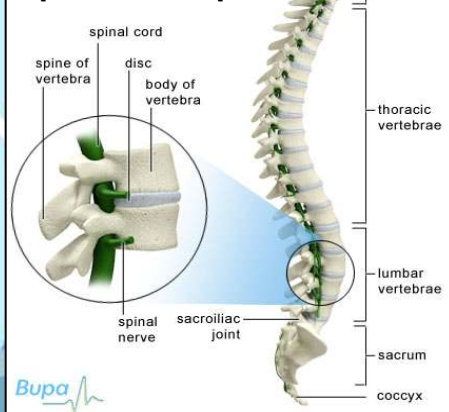
A doctor will diagnose based on medical history, physical examination or medical test including Magnetic Resonance Imaging (MRI), Computed Tomography (CT) scan.

BACK PAIN CATEGORIES AND TREATMENT

- **Acute Back Pain**
 - Sudden pain due to falling, lifting a heavy load, cured within 6 weeks.
 - Usually heals by itself and without treatment. Paracetamol, aspirin, or ibuprofen can help ease the pain.
- **Chronic Back Pain**
 - Either requires operation or does not requires operation.
 - Non-surgical treatment include hot/cold packs, medications such as analgesics and NSAIDs Traction, corsets, injections or might consider alternative treatments eg. acupuncture and balneotherapy.



The different parts of the spine



WHAT RECOVERY PROGRAMS DOES MEDICSPA BALNEOTHERAPY OFFER?

MedicSPA balneotherapy has been used extensively for the recovery of back pain by many chronic patients with excellent results. The massaging effects of bubbles, heating effect of warm water, far infrared rays and ultrasound, combined with the soothing effects generated by aromatherapy oils and salts, contribute to its healing power. Blood circulation is greatly promoted, not only in the problem area but in the whole body.

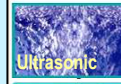
Frequent treatment with MedicSPA balneotherapy increases patient likelihood for a more speedy recovery. Thus, we provide 2 options for the convenience of our clients:

- **Treatment at our centre.**
Patients sign up for a back pain treatment recovery package and come for treatments regularly at our centre.
- **Treatment at home.**
Patients can rent or purchase MedicSPA balneotherapy equipment and perform the treatments themselves in the comfort of their own homes.

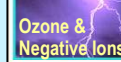
Try MedicSPA yourself. Just in one session lasting 15 minutes, you can feel its effects. If you are referred by a GP, we shall work with your GP to jointly monitor your recovery.

WHAT IS MEDICSPA?

MedicSPA is a balneotherapy bubble bath system which is very relaxing and therapeutic. It has been designed utilizing the latest nano-technology innovation and patented by world renowned specialists in hydrotherapy. It is created as a Home Spa unit but suitable for commercial and medical use. Its low cost and portability, makes the luxury of SPA now affordable and convenient to all. MedicSPA combines the benefits of:-



Natural hot spring bath [Negative Ions] + Waterfall bath [natural Ultrasonic Energy]



Science physics method [Oxygen (O2) & Ozone (O3) & Far Infrared Rays]



MOYA Herbal Extract & MOYA Mineral Salts

MedicSPA

EXPERIENCE A RELAXING & THERAPEUTIC BALNEOTHERAPY TREATMENT

Certified and approved by:



Oxygen (O2)
Ozone (O3)
Negative Ions
Far Infrared Rays (FIR)
Natural Ultrasonic Waves



MEDICSPA HEALTH RECOVERY PROGRAMS

Balneotherapy has long been used for general wellness and treatment of illness. Recent medical research reaffirms that sickness are typically resulted from a weak immune system mainly due to low body temperature syndrome. MedicSPA recovery program focuses on stimulating and strengthening your immune system, thereby setting you on a journey towards good health. Our MedicSPA health recovery packages cover:

- Backache
- Insomnia
- Stroke
- Constipation
- Piles
- Migraine
- Hypertension
- Diabetes
- Asthma
- Irregular Heartbeat
- Joint Ache & Pain
- Lethargy & Tiredness
- Renal
- Dermatitis
- Nerves Problems

Benefits of a 15 minutes bath per session

Warming 1 Hour Massage Deep Cleansing Slimming 30 mins. Exercise



HEALTH RECOVERY PROGRAMS DURATION

Duration of the recovery programs depends on patients individual conditions and types of illnesses. If you suffer from multiple health conditions, we advise you to focus on treating one sickness at a time. Initial treatments may bring about temporary discomfort such as pain and itch. Our MedicSPA Consultants will observe your progress and advise you on your health recovery needs.