



Lumbar Spinal Injuries 談腰椎損傷(英文)

Preface

Spinal cord is bright white in color and approximately 46 cm in length. It is the main pathway for connecting our brain. You may get paraplegia after spinal cord injuries.

Causes of lumbar spinal injuries

- Traffic accidents
- Falling from high points
- Direct violent insult
- Inappropriate forces

Symptoms

- Sudden onset of lower back pain
- Paresthesia over dorsum foot (soreness, numbness, and painful sensations)
- Unable to bend forward
- Stool and urine incontinence
- Paraplegia

Treatment

- Bed rest
- Medications like pain control and muscle relaxant, also heat padding.
- Rehabilitation
- Back bracing

Note: Surgical intervention is undergone if aforementioned conservative treatments fail.

Preventions- keep right posturing

- Do not bend your waist to retrieve objects from the ground.
- Do not move heavy objects.
- Do not sleep with your knees curved up to your chest position.
- Do not sit for a long period of time.
- Keep a upright position while walking.
- Do not wear high-heel shoes too frequently.
- Squat and pick up objects from the ground instead of bending your waist.

Conclusions

Prevention is better than treatment. Maintaining right postures and being nice to your back are ways to long-term lumbar health.

若有任何疑問 · 請不吝與我們聯絡
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