

make it concave. Again, maintain a steady state for some time and return to the original position.

Soorya-namaskar (Sun salutation), and Yoga postures such as bhujangasan, naukasan, pavanmuktasan, pashchimottanasan, vakrasan, ardhachakrasan, and veerasan help in relieving back pain.

Danger Signals in Back Pain**

1. Recent severe injury
2. Age : less than 20 years, more than 55 years.
3. Increasing pain, no relief with rest, no relief in any position
4. Stiffness in mornings, significant relief with anti-inflammatory pain killers
5. Nerve compression - tingling numbness and weakness of lower limbs, loss of control over urination.
6. Malaise, weight loss, fever.
7. Use of glucocorticoid (steroids), and anticoagulant (blood thinner) drugs.
8. History of cancer.

** Consult your doctor at the earliest.

Fracture, inflammatory spondylitis, tuberculosis, osteoporosis, and cancer are some of the causes of nonresponsive back pain.

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Modern Management of Arthritis

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Exercises for Back

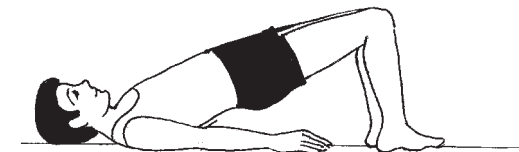
1. Lie on your back (supine position). Bend your knees and keep them at 90 degrees. Keep a bolster (towel roll) under your back and press it.



2. Bring both legs together in supine position. Lift your right leg while inhaling upto 20-30 degrees. Do not bend your knees. Hold the leg up for 10 seconds and slowly bring down the right. Repeat with left leg.



3. Fold both the legs at the knee, placing the heels on the ground near the buttocks. Raise your waist and trunk as far as you can. Maintain this steady position for 10 seconds. Then, slowly bring your waist down.



4. Pavanmuktasan

Bend knees and pull them towards your chest with fingers interlocked and hands around your legs. Raise your head simultaneously and try touching your chin to your knees. Maintain this steady position for 10 seconds. Straighten both legs slowly later on. This posture may initially be tried with a single leg.



5. Bhujangasan

Lie on your abdomen (prone position). Keep palms at the level of the lowest rib. Lift your head followed by chest and belly upto naval (cobra pose). Use your back muscles to rise; do not forcibly press your hands. Stay in this position for 10 seconds and slowly bring down your body.

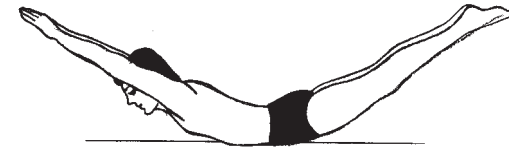


6. Lie down on your abdomen and place your hands alongside without bending at elbows. Raise head, shoulders, chest, and hands. Maintain this position for some time and slowly return to the prone position.

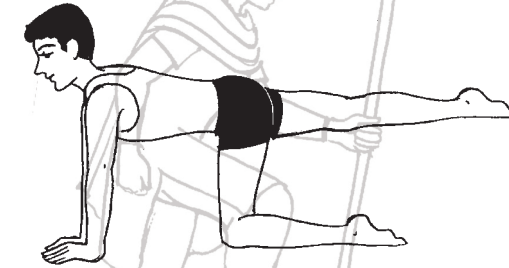


7. Naukasan

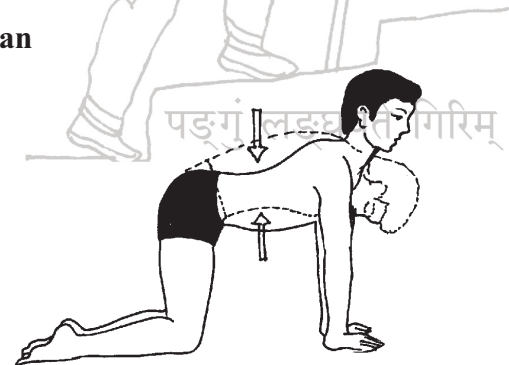
Lie down on your abdomen. Stretch hands above your head. Keep both legs together. Lift both your hands and legs simultaneously (boat posture). Hold on for some time and slowly return to the original position.



8. Keep both your palms and knees on the ground (cat posture). Then, lift one leg slowly without bending at the knee. Maintain this position for 10 seconds. Then, bring down the leg slowly. Repeat the same exercise with the other leg. One can also raise the opposite hand during this exercise.



9. Marjarasan



Keep both your palms and knees on the ground (cat posture). While exhaling, bring your head down so that your chin touches your chest, contract your abdominal muscles and lift your back to make it convex. Maintain this position for some time and return to the original position. Now lift your head while inhaling, relax your back and press it down to