

For appointments, call or Whatsapp  
@ **+91 63667 48880**

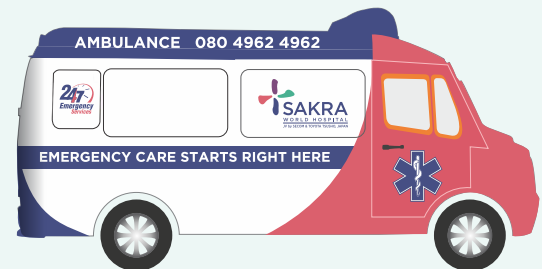
**Sakra Super Specialties**

**Institute of:**

-  Neurosciences
-  Cardiac Sciences
-  Bone and Joints
-  Renal Sciences
-  Rehabilitation Sciences
-  Women & Child Health
-  Digestive & HPB Sciences



For any medical emergency,  
call: **080 4962 4962**



# Geriatric Spine Care

Sakra Institute of Neurosciences

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## Have you noticed these?



Change in handwriting,  
signature



Difficulty in buttoning,  
dropping small objects



Decrease in the distance you  
used to walk usually, change  
in the pattern of your gait



Slipper falling off the foot,  
difficulty in getting up from  
the chair



Stooping forward while you  
stand / walk, change in  
shape of your spine



Pain in the back when you  
change posture, pain that  
shoots along the leg

## Aging spine

- As the human spine ages, a number of conditions can result in chronic back and neck pain. At the SAKRA Spine Institute, we are dedicated to ensuring you can once again live a pain free life.
- Aging is a “natural, inevitable, physiological change that leads to compromises in physical, mental and functional abilities” and represents a decreased capacity for regeneration and repair.
- This degenerative cycle is associated with spinal instability, disrupted homeostasis, and various clinical manifestations, such as diverse neurological syndromes and pain.
- Although the majority of the elderly will exhibit some radiological evidence of these degenerative changes, many will be symptom free.
- Not all conditions require surgery, but definitely need an opinion from expert to prevent progression.



## Cervical spondylosis

- The cervical spine is the part of the spine in your neck. The cervical spine must allow for a significant amount of movement, in addition to supporting the weight of the head
- Cervical spondylosis is a general term for age-related wear and tear affecting the spinal discs in your neck. As the discs dehydrate and shrink, signs of osteoarthritis develop, including bony projections along the edges of bones (bone spurs).
- Cervical spondylosis is very common and worsens with age. More than 85 percent of people older than 60 are affected by cervical spondylosis.
- Most people experience no symptoms from these problems. When symptoms do occur, nonsurgical treatments often are effective.
- What is cervical myelopathy? Cervical myelopathy results from compression of the spinal cord in the neck. Symptoms of cervical myelopathy may include problems with fine motor skills, pain or stiffness in the neck, loss of balance, and trouble walking.
- MRI scan is the preferred diagnostic method for cervical myelopathy, but other methods can also be used to help rule out other conditions.
- Cervical myelopathy is best treated with spine decompression surgery.



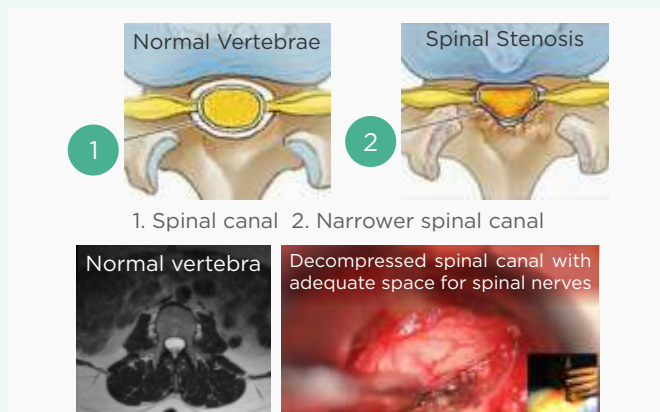
## Osteoporotic spine fracture

- Fractures can occur with trivial fall, even sometimes during cough. In patients with osteoporosis.
- Pain management is challenging in the elderly as the adverse effects of narcotics including over sedation, delirium, and constipation must be balanced with effective pain relief and preservation of physical function.
- Vertebroplasty is FDA approved for the management of pain and physical deformity that result from chronic vertebral compression fracture.
- Vertebroplasty is procedure of injecting bone cement at the fracture site, for an early mobilization, pain relief and also to prevent late cord compression that can happen secondary to deformity and problems associated with prolonged bed rest.
- This entire procedure will be done in a spine suite, which is a specialized OT set up available at SAKRA. Patient will be pain free and can walk independently, after the procedure and usually discharged the same day.



## Lumbar canal stenosis

- Spinal stenosis is described as a narrowing of the spinal canal that houses the spinal cord and nerve roots. As a result, the spinal cord and the nerves exiting the spine may become compressed, causing pain and discomfort.
- Some people with spinal stenosis may not have symptoms. Others may experience pain, tingling, numbness and muscle weakness. Symptoms can worsen over time.
- Usually pain or cramping in one or both legs when you stand for long periods of time or when you walk, which usually eases when you bend forward or sit.
- Spinal stenosis is most commonly caused by wear-and-tear changes in the spine related to osteoarthritis. Some people are born with a small spinal canal. But most spinal stenosis occurs when something happens to narrow the open space within the spine. Causes of spinal stenosis may include, overgrowth of bone, herniated disks, thickened ligaments, tumors, spinal injuries etc.
- In severe cases of spinal stenosis, you may be recommended surgery to create additional space for the spinal cord or nerves and to prevent further complications.



## Degenerative scoliosis

- Degenerative scoliosis, also known as adult onset scoliosis, describes a side-to-side curvature of the spine caused by degeneration of the facet joints and intervertebral discs, which are the moving parts of the spine. This degeneration and resulting spinal asymmetry can occur slowly over time as a person ages.
- It is difficult to determine exactly how many people have degenerative scoliosis because many cases never cause significant symptoms and go undetected. However, in one study estimated at least 60% of the population over the age of 60 has at least mild degenerative scoliosis.
- If degenerative scoliosis becomes symptomatic, the pain typically starts gradually. Early symptoms are most commonly a dull ache or stiffness in the mid to low back that comes and goes. Nonsurgical treatment options are possible in early stages like back muscle strengthening exercises and life style modifications.
- If degenerative scoliosis causes the spinal cord or a nerve root to become impinged, either through stenosis (narrowing of the spinal canal) or severe bending of the spine, nerve function could be jeopardized. Initially, this is often felt as a sharp or shock-like pain in the back that can radiate down the buttock and/or into the leg, or as tingling or numbness that can radiate down into the leg.



## How to stay healthy?



Check your bone density, for early detection of osteoporosis



Dietary supplements with calcium rich food, avoid alcohol, quit smoking



Swimming is the best exercise for back, to postpone degenerative spine diseases



Calcium and vitamin D supplements for post menopausal women and men more than 60 years



Fall prevention, trivial trauma can lead to osteoporotic fractures



Please visit us, if you have any of the symptoms mentioned earlier

## Why Sakra?

- Sakra Institute of Neurosciences and Spine Surgery has successfully treated more than 2000 spine surgeries since its inception in 2014.
- Our team of surgeons have a combined experience of over 25 years in spine surgery, and have successfully completed more than 15000 surgeries.
- Considering the safety of the patient with co morbidities we have in-house senior consultants with vast experience in specialty like endocrinology, cardiology, nephrology etc. Hence, all investigations can be done under one roof.
- The center has an in-house intra-operative spinal cord & nerve monitoring technology, which is operated by trained neurophysiologist and neuroanaesthetist.
- Sakra Spine Center has carried out more than 1000 minimally invasive surgeries with a success rate of more than 99%. In most cases, patients spent less days in the hospital. Today, all our patients are leading an active life.

