

Over 50% city journos have spinal problems



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Nava Thakuria 11 September 2014 Updated 11 Sept 9642 views

Over 50 per cent of the city's journalists are suffering from spinal conditions like cervical spondylosis, lumbar spondylosis and slip disc. This came to light during a free physiotherapy camp for journalists at Guwahati Press Club today organized by Diganta's Physiotherapy and Rehabilitation Centre (DPRC). The camp, in association with Guwahati Press Club was organized to commemorate the World Physical Therapy Day. The physiotherapists diagnosed and treated various pain related ailments of the participants in the camp. Over 70 journalists registered at the check up camp to get their ailments treated by the physiotherapists.

During the check up, it was found that 55 per cent attending journalists are suffering from spinal-related problems. Nearly 22 cent journalists are suffering from muscular pain like myofascial pain syndrome, repeated stress injury etc. On the other hand, 12 per cent journalists suffer from arthritis and multiple joint pains while 11 per cent suffer from postural disorders and general body pains. Earlier, the camp was inaugurated by veteran journalist Dhirendra Nath Chakrabarti and was also attended by executive editor of DY365 Pranay Bordoloi, Guwahati Press Club secretary Nava Thakuria and news editor of Amar Asom Gautam Sharma among others.

The participant journalists were treated by Dr Vineet Kumar, Dr Daisy Moni Deka, Dr Sailen Bhadra.

Mentionable is that DPRC was set up two years ago and it has emerged as a distinctive physiotherapy centre of northeast India. Diganta's Child Rehabilitation Services, a unit of the DPRC, is the first state-of-the-art child rehabilitation centre of the region. DPRC has been organizing free physiotherapy camps in various parts of Assam in the last two years and has been treating hundreds of its patients.

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