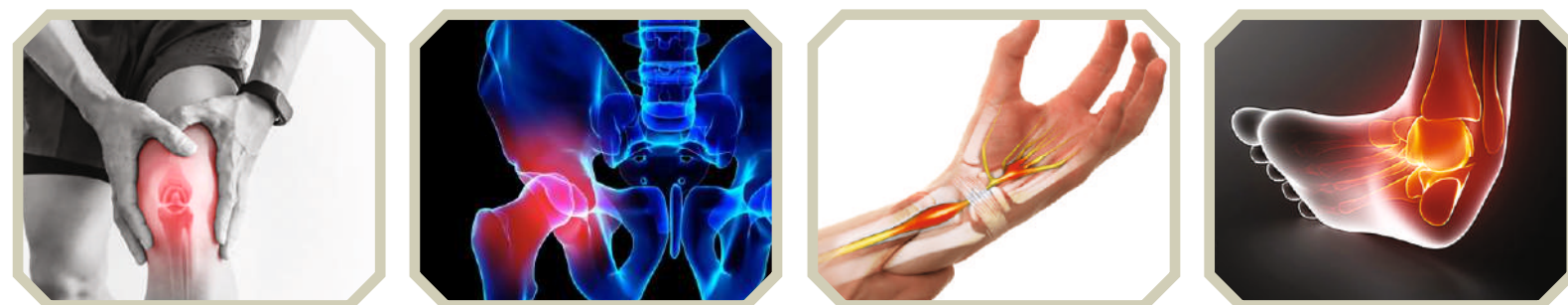


## Specialist OF

- KNEE JOINT PRIMARY & REVISION REPLACEMENT SURGERY
- HIP JOINT PRIMARY & REVISION REPLACEMENT SURGERY
- KNEE & SHOULDER ARTHROSCOPIC SURGERY
- SPINE SURGERY
- FRACTURE PLASTER & SURGERY
- JOINT DISLOCATION TREATMENT & SURGERY
- KNEE JOINT PAIN, BACK ACHES & JOINT PAIN TREATMENT
- PLATELET RICH PLASMA (PRP) INJECTION FOR KNEE ARTHRITIS, SHOULDER INJURIES, TENNIS ELBOW & PLANTAR FASCITIS



## Dr. Sanjeed Pujary

M.S. (ORTHO), F.I.H.K.A  
Consultant Knee & Hip Replacement \*Trauma Surgeon

For Appointment : +91 9137338713 | +91 9082843487

### > Consultation At

- Bandra East Nursing Home  
Monday to Saturday 11 AM to 1 PM
- Gurunanak Hospital and Research Centre  
Mon, Wed, Fri 10 AM to 11 AM

### > As Per Appointment

- S.L Fortis Raheja Hospital (Mahim West)
- Holy Family Hospital (Bandra West)
- P.D. Hinduja Hospital (Khar West)
- Surya Hospital (Santacruz West)
- Criticare Asia (Andheri - Juhu)

*Cracking Joints need Caring Hands*

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# Dr. Sanjeed C. Pujary

M.S. (ORTHO), F.I.H.K.A  
Consultant Knee & Hip Replacement \* Trauma Surgeon

## डॉ. संजीद सी. पुजारी

### SPECIALIZED IN

Knee Joint & Hip Joint  
Primary & Revision Replacement Surgery



Care for  
Bones



More Movement  
Less Pain



Better Quality  
of Life



Dedicated to the  
Motion of Life

Appointment Number : 9137338713, 9082843487

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Sex : \_\_\_\_\_ Ph. No. \_\_\_\_\_

*Cracking Joints need Caring Hands*

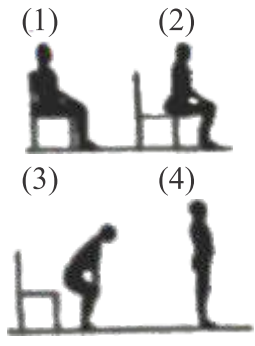
BACK CARE  
(Postural Training)

(1)

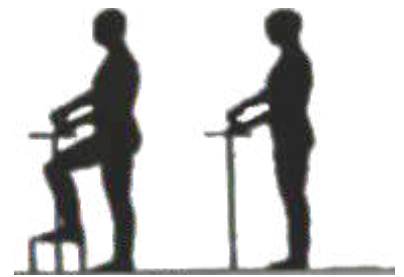
(2)

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(4)




GETTING UP FROM A CHAIR  
Remaining upright from the waist up (bending your hip only) move your body towards in the chair. Then stretch your hip and knee joints at the same time. In this way your back will remain straight all the time.



WORKING IN A STANDING POSITION  
Make your workplace as comfortable aiming at  
- an upright position  
- a relaxed shoulder girdle  
- an elbow height working surface (this may involve raising neither the surface your stand on or that working surface

Right


Wrong



DRIVING  
Sat in a relaxed position with your arms slightly bent. Sit back against the seat keeping your whole spine erect. When using the pedals, your legs should be comfortable extended.

Right


Wrong



GETTING UP FROM A LYING POSITION  
Bend both legs, place both hands on your chest raise your head. Then simultaneously turn your head, your shoulders and your knees towards the edge of the bed and use both arms to push yourself up into position.

Right


Wrong



CARRYING HEAVY OBJECTS  
Never carry a heavy objects on one side but distributes the weight evenly on both sides. Avoid carrying heavy weights for long periods.

Right


Wrong



PICKING UP OBJECTS  
When you have to pick something up do not bend over forwards, but bend your hips and knees while keeping your back strength. Your legs should be slightly apart or in a walking position. Hold the objects close to your body and stand up stretching your legs. Avoid picking up suddenly of turning round while your do so.

Right


Wrong



HANDING UP WASHING AND SIMILAR TASK  
Take care of your back - pull the laundry basket on a chair

Right


Wrong




GARDENING, CLEANING THE FLOOR ETC.  
You will find it much easier and more comfortable if you support yourself on your hands and knees nighter than sitting on your haunches

knees slightly


Not this way




Use of a footrest relives away back




Not this way




Bend the knees and hips not the waist




Not this way




Hold heavy objects close to you



Not this way




Never bend over without bending the knees



Pain in arms and legs


Incorrect

Lying flat on back makes swayback worse




Correct


Lying on side with knees bent effectively flatness the back. Flat pillow may be used to support neck, especially when shoulders are broad.




Use of high pillow strains neck, arms and shoulders




Sleeping on back is restful and correct when knees are properly supported.




Sleeping face down exaggerates swayback strains neck and shoulders




Raise the foot of the mattress eight inches to discourage sleeping on the abdomen



Bending on hip and knee does not relieve swayback.




Proper arrangements of pillows for resting or reading in bed.




How to sit correctly

A back's best friend is straight hard chair. If you can't get the chair you prefer, lean to sit properly on whatever chair you get. To Correct sitting position from forward slump. Throw head well back, then bend it forward to pull in the chin. This will straighten the back. Now tighten abdominal muscles to raise the chest Check position frequently


Correct way to sit while driving close to padale. Use seat belt or hard backrest available commercially.




Keep neck and back in as straight a line as possible with the spine. Bend forward from hips.




Relieve strain by sitting will forward back by the tightening abdominal muscles and cross knees




TV slump leads to dowager's hump strains neck and shoulders




Driver's seat too far from pedals emphasizes curve in a lower back



Use of footrest relieves swayback. Arm is to have knees higher than hips.



If chair is too high, swayback is increased



Strained reading position. Forward thrusting strains muscles of neck and head.

