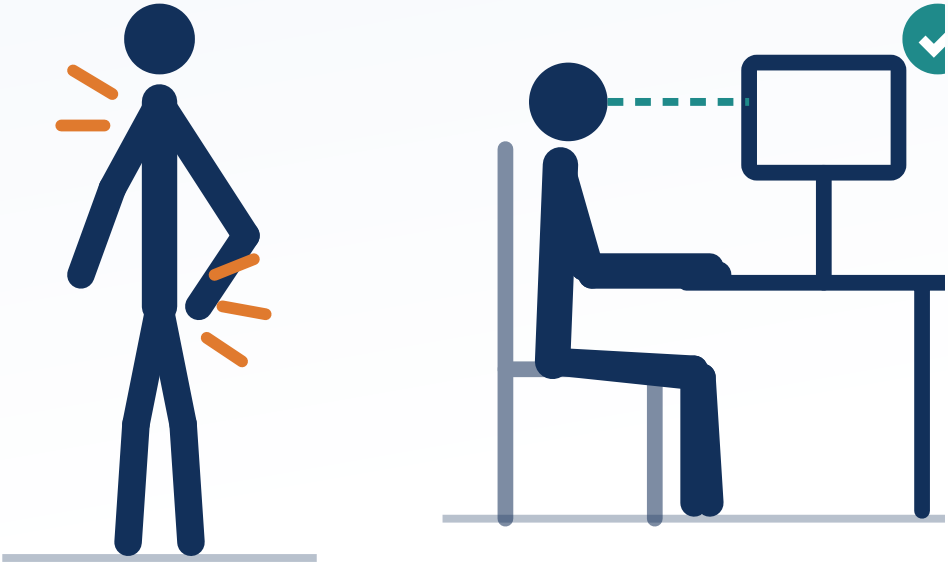
Spondylosis, sciatica and exercises

Neck and Back Pain



Dr Anand Diwan

Consultant Neurologist · Adults & Children

Brain, spine, nerve & muscle specialist

MBBS, DNB (Neurology) · MMC Reg. No. 88279

Scan to book your appointment

Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

"Doctor, should I get an X-ray or MRI?"

Neck and back pain are very common. Most pain comes from **strained muscles, poor posture** and normal wear of the spine with age. **Most episodes get better in 2–6 weeks** with activity and exercise.

Spondylosis on X-ray is normal with age

Most people above 40 show "spondylosis" or "disc bulge" on X-ray and MRI, even with no pain. These reports do not always explain the pain. X-ray and MRI are costly and **do not cure** the pain — regular exercise does.

"I do a lot of work all day" is not the same as exercise. Housework, office or farm work uses the same few muscles again and again. Exercise should work the **whole body**, for 30–60 minutes daily.

Types of spine pain

Neck pain	Stiff, aching neck and shoulders, often with headache
Arm nerve pain	Pain, tingling or numbness going into the arm and fingers — a nerve in the neck is pressed (radiculopathy)
Low back pain	Pain in the lower back, worse on bending or sitting long
Sciatica / slip disc	Shooting pain from the back down the leg, below the knee; tingling in the foot
Spinal cord pressure	Clumsy hands, unsteady walking, urine problems — needs urgent care (myelopathy)

Nerve tests (EMG/NCS) are available at Narayani Hospital when needed.

When are tests or urgent care needed?

See a doctor urgently if you have

- Weakness of an arm or leg; foot drop
- Loss of bladder or bowel control, or numbness around the private parts — **emergency**
- Unsteady walking, clumsy hands
- Fever, weight loss, history of cancer or TB
- Severe pain at night or at rest
- Pain after a fall or accident
- Numbness or arm/leg pain not better after 6 weeks

In these situations an MRI or other tests are useful. Without them, scans usually do not change the treatment.

Treatment



Stay active

Keep doing daily activities within comfort. More than 1–2 days of bed rest slows recovery.



Medicines for a short time

Painkillers for a few days, as prescribed. For nerve pain, special medicines may be given.



Physiotherapy and exercise

The most important treatment — and the best prevention.



Hot pack

10–15 minutes eases muscle spasm.



Injections or surgery

Only for a few — when a nerve is badly pressed with weakness, or pain does not improve.

Avoid

- Wearing a neck collar or belt for weeks
- Forceful neck "cracking" or massage by untrained people
- Repeated X-rays and painkiller injections

Posture in daily life



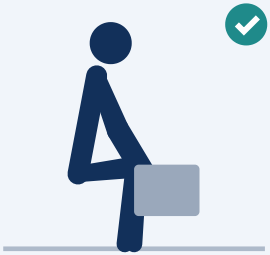
At the desk
Back supported, feet flat, screen at eye level



Mobile phone
Raise the phone; don't bend the neck down

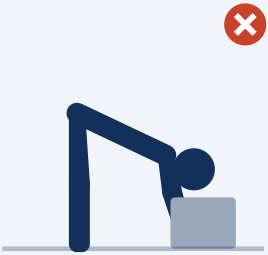
- Take a short break and stretch every 30–45 minutes
- Two-wheeler: sit upright, slow down on bumps and potholes
- Do not carry a heavy bag on one shoulder
- Stand tall — ears, shoulders and hips in one line

Lifting and sleeping



Right

Bend knees, back straight, load close



Wrong

Bending at the waist with straight legs

- Do not twist while lifting; turn with your feet
- Push heavy things rather than pull

Sleeping

- One medium pillow that keeps the neck in line
- Firm, not hard, mattress
- On your side with a pillow between the knees, or on your back with a pillow under the knees
- Get up by rolling to the side first

Neck exercises

Sit straight. Hold each for 5 seconds, 10 times, twice a day.



Chin tuck
Pull the chin straight back



Press against the hand
Press head into palm — front, back, both sides; head does not move



Shoulder rolls
Roll shoulders backwards in circles



Gentle turns
Turn slowly left and right; tilt ear to shoulder

Avoid fast, full neck circles.

Back exercises

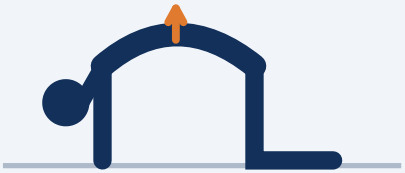
On a mat on the floor. 10 times each, once or twice a day.



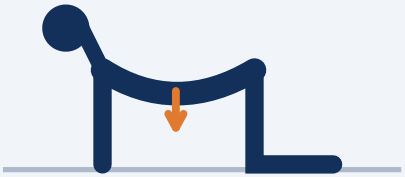
Knee to chest



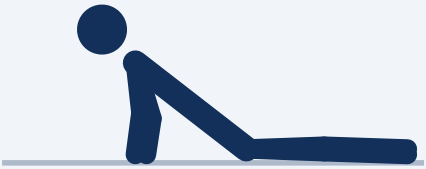
Bridge
(setu bandhasana)



Cat
— round the back



Cow
— let the back dip



Cobra
(bhujangasana) — gently



Bird-dog
— opposite arm and leg

Also good when pain-free: tadasana, makarasana, plank, swimming, cycling and brisk walking. Surya namaskar slowly, for general fitness.

Exercise safely

- Start slowly; increase a little each week
- A mild stretch is fine. **Stop** if pain shoots down the arm or leg, or numbness increases
- Regularity matters more than which exercise — 30 minutes every day

Avoid during acute pain or slip disc — ask first

- Toe-touching and forward bends (paschimottanasana)
- Dhanurasana, ushtrasana, halasana, sarvangasana
- Sit-ups with hands behind the neck; heavy weights

Remember

- Most spine pain gets better — keep moving.
- Know the warning signs that need urgent care.
- Healthy weight, no tobacco, good posture.

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009
Consult 11 am – 3 pm · Tests 10 am – 5 pm
Hospital open 24 hours for emergencies

☎ **0253 2224411**

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009
Consult 6 pm – 8 pm

☎ **0253 2472111**

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Or book on WhatsApp

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WhatsApp is for booking appointments only.

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Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.