

## Back Pain Hampers Work Ability

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Farzana Majid who once suffered from excruciating low back pain told the seminar that she was cured after taking exercise from physiotherapists.

Back pain expert Prof Dr Altaf Hossain Sarkar said exercise can prevent this disorder and that effective physiotherapy can also cure patients suffering from the ailment.

"But we have few physiotherapists and do not have separate college to produce adequate number of such specialists," he said, urging the government to set up a physiotherapy college soon.

Orthopaedic surgeon Prof M A Bached said low back pain is the leading cause of work-related disability in the country. "People should walk for a while at least once in an hour to keep the pain away."

Some students of physiotherapy told bdnews24.com that government's low priority and jealousy of some medical professionals delayed the building of a separate physiotherapy college.

Health minister AFM Ruhul Haque on June 10, 2009 laid foundation stone of a separate physiotherapy college at city's Mohakhali area.

But the work did not progress, prompting students to take to the streets.

The also a held a hunger strike at the Central Shaheed Minar in protest against the delay. But so far no concrete action has been taken to complete the college's construction.

In the absence of a separate college, National Institute of Traumatology and Orthopaedic Rehabilitation has become the temporary place for physiotherapy students.

Source: bdnews24.com