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John Ebnezar

Orthopedic Surgeon, India

Modern musculoskeletal problems: Is yoga based wholistic approach the answer?

Modern musculoskeletal problems (MMSP's), that includes Life Style Orthopedic Problems (<50 years age group) and Geriatric Orthopedic Problems (>50 year age group), is steadily on the rise globally and encompasses a wide spectrum of conditions like neck pain, low back pain, RSI, arthritis, fibromyalgia, rheumatic diseases, osteoporosis etc. MMS problems are not only known to cause varying degrees of physical pain but causes mental and emotional disturbances leading to stress, anxiety and depression. This could adversely affect the quality of life and can be a great source of socio-economic burden to the society. Conventional treatment methods like drugs, physiotherapy and surgery cannot provide an effective answer as it fails to address the associated peculiar challenges of MMSP's. Yoga, an ancient Indian art, is known for its holistic healing. Unlike other exercises which most of the times is one-dimensional, yoga provides a multidimensional approach which improves the physical, mental, emotional and spiritual well-being of a person. It also helps in controlling the accompanying co-morbidities, co-musculoskeletal and co-mental conditions and reduces stress which enhances healing. 3 research publications of my clinical trial on the role of add-on yoga therapy, in osteoarthritis knees was chosen by AAOS in framing the 2013 Non-arthroplasty guidelines with a strong recommendation. Similarly my research has proved that yoga is a great value addition in the treatment of low back pain, common neck pain and osteoporosis. A first time path breaking research on fractures also showed that advanced yoga therapy accelerates fracture healing and reduces the rehabilitation time. So the need for a paradigm shift from the uni-dimensional conventional approach to a multidimensional evidence based wholistic approach, is certainly need of the hour in treating the MMSP's and needs to be embraced globally.

Biography

John Ebnezar is an internationally renowned Orthopedic Surgeon, passionate about creating, conceptualizing, implementing preventive new orthopedic health awareness modules with an aim to propagate low cost orthopedic health care. He is specialized in trauma, spine, geriatric orthopedics and sports medicine. He holds Guinness World Records both for academics (2010) and social service (2015), only orthopedic surgeon in the world to do so. He has received his PhD in Yoga, involved in 6 original-yoga researches, won Best Research Award from S-VYASA Yoga University (2012) for his work on knee arthritis and role of yoga in fracture healing (2010). He has pioneered a new treatment method, Wholistic Orthopedics, by blending modern orthopedics with Indian Yoga, which is simple, cheap, effective alternative for patients for whom knee replacement is not an option and also for patients with modern life style orthopedic problems and has redefined the way orthopedic ailments are treated across the globe.

johnebnezar@gmail.com

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