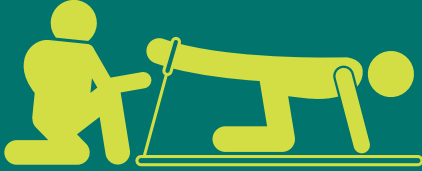




World
PT Day
2024

PHYSIOTHERAPY DA CIWON BAYA KASA



A cikin dukkan nau'ikan da mataakai na ciwon baya kasa (LBP), gyaran jiki yana da muhimmanci don tabbatar da mutane da taimakawa wajen fahimtar ciwo, tallafawa dawo da lafiya, komawa ayyukan da kake jin dadi, da kuma kula da 'yancin kai a rayuwar yau da kullum.

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Ciwon baya kasa (LBP) na iya haifar da haɗin kai na abubuwan jiki da na tunani, masanin lafiyar jiki na iya ba da shawara kan waɗannan da yadda za a ɗauki salon rayuwa mai lafiya.

Hanyar biopsychosocial

Ciwon baya kasa (LBP) na ɗorewa na iya zama da alaƙa da jinkai na damuwa, halaye marasa kyau na rayuwa, da wahalar shiga ayyukan aiki da na zamantakewa. Masu aikin lafiya daban-daban, ciki har da masu lafiyar jiki, suna aiki tare don taimakawa da waɗannan fannoni daban-daban na ciwon baya kasa. Zasu iya amfani da abin da ake kira hanyar biopsychosocial, kuma zasu duba waɗannan abubuwa guda uku:



halittu: bangaren jiki na ciwon baya kasa naka (LBP)

Psychological: Tasirin damuwa da tunani na ciwon baya kasa naka, yadda kake shawo kan shi, matakan damuwarka, da yadda kake fahimtar ciwon naka, misali idan kana jin tsoron yin karin lahani.



Zamantakewa: Wannan na iya haɗawa da rayuwar iyalinka, irin tallafin da kake da shi, abubuwan da kake da damar samu, misali wuraren motsa jiki da/ko wuraren da za ka iya tafiya lafiya, inda kake aiki da abin da kake yi don samun abin yi.

Matsayin sarrafa kai don kananan ciwon baya

Sarrafa kai da motsa jiki sune hanyoyi mafi kyau da ake ba da shawara don kula da ciwon baya kasa **most recommended** Masanin lafiyar jiki zai taimaka maka wajen kirƙirar shirin sarrafa kai da ya dace da kai.

Wannan na iya haɗawa da:

- Tsari don sanya ka **cikin kulawa da ciwon ka da dawo** da jin dadin rayuwa.
- Bayar da tabbacin **cewa za ka sake amincewa da baya naka**. Tsakiyar **baya ka karfi ne**. Ko da yake motsi na iya zama zafi a farko, za su inganta yayin da kake samun motsi a hankali da kuma komawa cikin aikin jiki.
- Yadda za a **shawo kan tsoron motsi da rauni ko rashin samun sauƙi**, misali ta hanyar magani kamar Cognitive Behavioural Therapy (CBT).
- Fahimtar cewa yawancin ciwon baya (LBP) **ba shi da tsanani**.
- **Fahimtar muhimmancin bacci** wajen magance ciwon baya (LBP).
- Yadda za a **sarrafa damuwa** da yanayi masu damuwa da zasu iya haifar da ciwon baya (LBP).



- Yin **motsa jiki**.
- **Gujewa shan taba**.
- Kasancewa cikin **ayyukan zamantakewa da aiki**.
- Yin **gyare-gyare masu kyau a wurin aiki (ergonomic adjustments)**, idan an bukata.



Yi magana da physiotherapist game da yadda mafi kyau don sarrafa kananan ciwon baya



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