

# REVIVE ORTHO AND SPINE CENTRE

CENTRE FOR ENDOSCOPIC AND MINIMAL INVASIVE SURGERIES

( Doctor treats, God heals)



## SPINE CARE

principle for neck and spine care

## HUDUMA YA UTI WA MGONGO

kanunui za kutunza shingo na mgongo

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## THIS INFORMATION BOOKLET AIMS TO:

- \* Alert you to the dangers of ignoring neck pain and backache
- \* Provide facts and to dispel myths and misconceptions
- \* Present solutions for prevention, control and treatment to overcome spinal problems

If extreme neck or back pain continues for six months, only 50% of the people can return to their daily activities. If extreme neck or back pain continues for one year, only 20% people can return to work. After two years of extreme pain, only 3% people can resume their normal activities.

## **SABABU YA MAELEZO YA KIJITABU(JARIDA) HIKI NI:**

- \* *Kukutadharisha dhidi ya kupuuza maumivu ya shingo na mgongo.*
  - \* *Kukupa ukweli na kuondoa imani potovu*
  - \* *Kukupa suluhisho jinsi ya kuzuia, kurunguza na kutibu matatizo ya uti wa mgongo.*
- Ikiwa maumivu makali ya shingo na mgongo yataendelea kwa miezi sita, ni asilimia 50 (50%) ya watu wataweza kurudia majukumu yao ya kila siku ikiwa maumivu ya shingo na mgongo yanaendelea mwaka mzima, kati ya hali hiyo ya maumivu makali, asilimia tatu (3%) tu ya watu inaweza rejelea au rudi kufanya shughuli zao za Kawaida.*

## TO CONCLUDE.

Neck pain and backache can, should and must be Prevented, Controlled, And Rectified where possible.

## **HITIMISHO**

*Maumivu ya shingo na mgongo lazima yachukuliwe kinga, yapunguwe na ikawezekana, Yatibiwe mara moja.*

*Bottom of the page (partially visible):*

## OVERVIEW -MAANDALIZI

The most common problem after the common cold, cough and headache is backache. It is estimated that 80% of people suffer some or the other form of spinal problems which result in neck or back pain at some point during their lives. 90% people suffer from postural neck and back pain which occurs while bending down, lifting weight, or working in an inappropriate manner or posture."

*Tatizo kuu baada ya ugonjwa wa homa, kukohoa na kichwa ni kutumwa na mgongo. Inaka-dirwa kuwa asilimia themanini (80%) ya watu huugua baadhi au aina ya maumivu mengine ya uti wa mgongo ambayo huleta maumivu ya shingo au mgongo katika kipindi fulani cha mai-sha yao. Asilimia 90% ya watu huugua maumivu ya shingo au mgongo. Haya hufanyika wakati wa kuinama, kuinua vitu vizito au kufanya kazi mwili akiwa ka-tika hali isiyofaa."*

"For example, if a 25 year old person in an office job works 8-10 hours a day, he or she will experience neck pain ache and/or backache within two years. If care is not taken at this point of time, in a span of 10 years this person may experience serious and debilitating problems as a result of neck or back pain

*Kwa mfano, ikiwa mtu wa miaka 25 anafanya kazi ya ofisini kati ya masaa 8-10 kwa siku, ni wazi kuwa baada ya miaka miwili atakuwa na maumivu ya shingo au mgongo. Kama hatazingatia kupata matibabu wakati huu, katika kipindi cha miaka kumi ijayo, anaweza pata shida na ulemavu mkubwa kutokana na maumivu ya shingo na mgongo."*

## FINANCIAL LOSS

"Every episode of pain may force the sufferer to rest for 12-15 days. This means a possible loss of income because work is stopped and additional expenditure for the medical treatment. In such a background, the following three scenarios may develop:

- \* Stoppage of work
- \* Change of job, which may not be possible
- \* Change in the way of work in the same job."

## HASARA YA FEDHA

*kila tendo la maumivu umfanta mgonjwa apumzike kwa siku 12- 15. Hii ina maana, kuwa kuna uwezekano wa hasara ya maisha kwa kazi ambayo haifanyiki na mgezeko la matumizi ya fedha kwa ajili ya matibabu. Kutokana na hali kama hii, mmambo matatu yananyeza ku- jitokeza:*

- \* Kusimama au kuachishwa kazi.*
- \* Kubadilisha kazi/au kutafuta nyingine, jambo ambalo laweza kuwa ngumu ku kupata kazi ny- ingine haraka.*
- \* Kubadilisha njia ya kufanya kazi tofauti na vile ulikuwa uinaranya hiyo kazi hapo mbe- leni.*

## ENDOSCOPE

**"Awake Disc Surgery under Local Anaesthesia'**

A dream-but now a reality using endo-scopic surgical technique under local an-aesthesia. A very safe technique as you remain awake during the entire proce-dure, No stitches require. Following op-eration patient can stand-up and walk-out of Operation Theater. The spine clinic has perfected and pioneered this technique

## ENDOSCOPE

*"Kuwa Macho Wakati Wa Upasuaji Kupitia Nyonga Ndani Ya Ganzi Ndoto, lakini sasa ni kweli kuwa kwa kutumia njia mpya Endoscopi, njia ya up-asuaji kwa kufanya mtu akose hisi ni njia salama. Ni njia ambayo mgonjwa huwa macho na huyaona yote yanayoendelea wakati wote upasuaji unafanyika. Haku-na ushonaji unahitajika. Kufuatia hapo upasuaji, mgonjwa anaweza simama na kutoka nje ya chumba cha upasuaji. Kliniki ya uti wa mgongo imekamilisha na kuanzisha mbinu hii katika utaalumu wa matatizo ya uti wa mgongo.*



## ULTRASONIC BONE SCALPEL

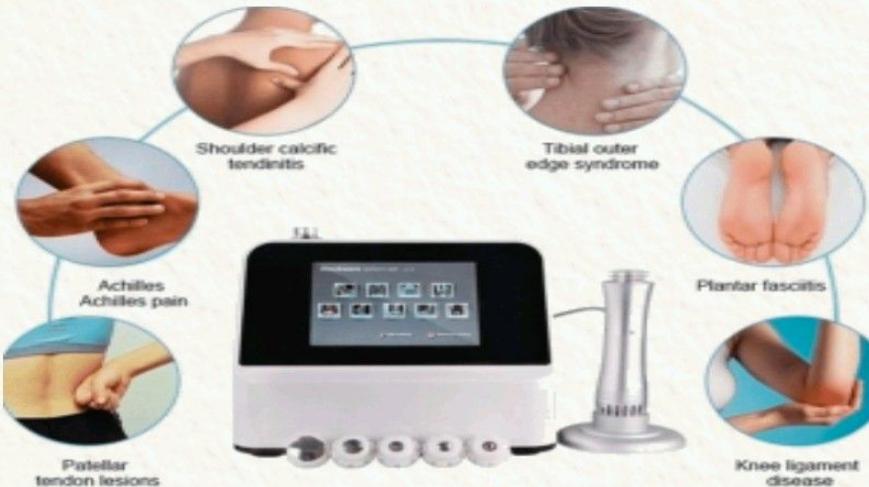
**"Sound to cut bone"**

A Novel Concept. Spine Clinic uses ultra-sound technique based Bone Scalpel to cut bone. This protects spinal Cord and nerves from surgery relates injury. No more fear of paralysis after spine surgery.

## ULTRASONIC MFUPA CHINGIZA

***"Kukata Mfupa Kwa Kutumia Sauti"***

*Wazo la riwaya (hadithi). Klinikiyauti wa mgongo inatumia njia ya kimsingi ya up-asuaji na ukataji wa mfupa. Hii hulinda uti wa mgongo na mishipa yake kutokana na majeraha mengine yanayohusiana na upasuaji. Huondoa wasiwasi kwa ma-gonjwa kama vile kupooza kwa uti wa mgongo wa mgonjwa baada ya upasuaji*

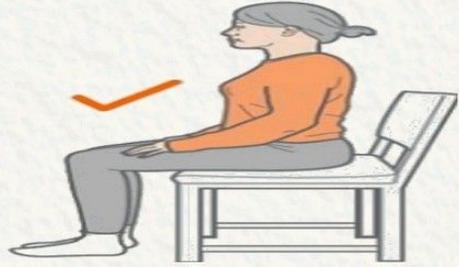
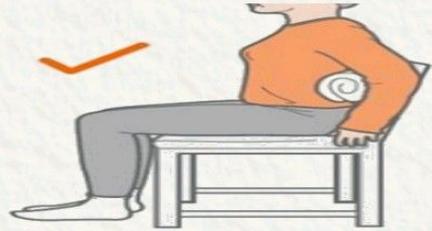
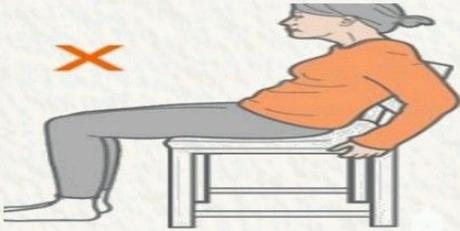


## CORRECT SITTING POSTURE:

Whenever you sit, your back must be supported. Do not sit on chairs that do not have proper back-rests and arm rests on both sides. When you sit, your feet should touch the ground. Not using proper chairs causes muscle-fatigue and slumping, which in turn causes back pain

### **JINSI YA KUKETI VIZURI:**

*Wakati wowote unapokaa ni lazima mgongo uwe umesimama Kitu fulani hukazie uti visivyokuwa na mahali pazuri pakagengeza mgongo na vi-pavile. Watumie viti imara tuli kusa-za maegemesho ya kiti. Kutotumia viti vizuri husababisha maumivu ya misuli na maovuno, husababisha maumivu ya mgongo.*



### A WELL DESIGNED CHAIR

The correct seat back should have an angle of 105 degrees with the horizontal. It's length should be 17 inches. Improper chairs with long seat-pans do not support the back. If you must sit on a long seat-pan seat, use a cushion should be used to support your back against the back of the chair. Sitting in a low or soft sofa or chair does not support the back.

### **KITI KILICHOTENGENEZA VIZURI**

*Kiti kilichotengenezwa vizuri cha-fa kiwe na mahali pa kuwegenesha mgongo pa pembe (angle) ya nyuzi 105 vima. Chapaswa kuwa na urefu wa inchi 17. Viti visivyokuwa na mahali pakubwa pa kukalia huwa havihibiti mgongo. Ikiwa ni lazima ukaalie viti vya makaka vilapanzi, tumia mto kutihibiti mgongo wako ka-tika mgongo wa kiti. Kukalia kochi (sofa set) ya chini au nyororo au viti havihibiti mgongo.*

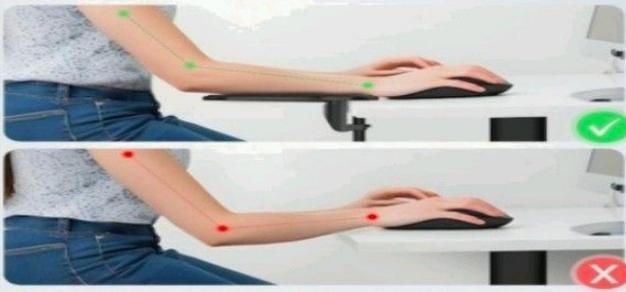


## ARM REST

Use chairs with armrests on both sides and rest your arms on the arm rests while sitting. This supports your shoulders and the muscles on both sides of your arms. This prevents strain and later pain.

### **MAEGESHO YA MIKONO**

*Tumia viti vilivyo na maegesho kati- tika sehemu zote mbili za kiti. Egesha mikono yako kwenye viengesho vya mikono wakati umeketi. Hii husaidia/hushikilia mabega na misuli maeneo yote mawili ya mikono yako. Hii huzuia kung'ang'ana na maumivu ya baadaaye.*



## CORRECT POSTURE IN A CAR

While getting into a car, after opening the door, turn outside, and simply sit down on the car seat. Then lift your feet one by one inside the car and turn your face to the front of the car. While driving, your seat should be as close to the steering wheel as possible. If necessary, place a small pillow between your back and the seat.

### **MKAO SAWA KATIKA GARI.**

*Unapoingia kwenye gari, baada ya kufungua mlango, anza kwa kuta- mbe nje unapokaka, na kisha yowe kiti cha gari kwanza. Inua mguu mmoja baada ya nyingine na kuo- gia kwa gari. Baadaye angalia up- ande wa mbele wa gari. Unapoendesha gari, kiti chako cha- faa kuwa karibu sana na usukani wa gari (steering wheel) iwezekana- vo, ikiwezekana, weka mto kidogo kati ya mgongo wako na kiti.*



## CORRECT STANDING POSTURE

Backache is inevitable if you stand for a long time. But it can be prevented by placing a foot on a footrest. Put the other foot on the foot rest after some time. Repeat this at regular intervals. This relaxes the back-muscles.

### **NJIA NZURI YA KUSIMAMA**

*Huwezi epuka maumivu ya mgon- go ukisimama kwa muda mrefu. Maumivu haya yanaweza zuiwa kwa kuwekea mguu wako kwenye kiegemesho cha mguu (footrest). Weka mguu ule mwingine kwenye kiegemesho cha mguu baada ya muda fulani. Rudia rudia tendo hili kwa muda na migao mbalimbali ya wakati. Hii husaidia kupungiza maumivu ya misuli ya migongo.*

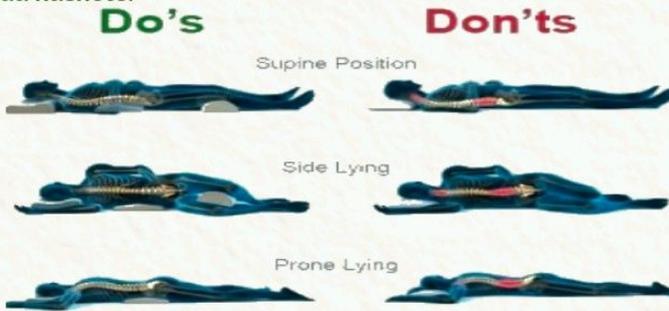


## CORRECT SLEEPING POSITION

Use mattresses that are not too soft and not too hard. If your bed is too high, use foot-stools while getting in or out of your bed. Hammocks should not be used by back-pain patients because in hammocks or beds with loose strings or springs the spine is subjected to unequal pressure. This results in pain. Placing a soft pillow under the knees while sleeping on the back relaxes back-muscles and relieves backache. Do not sleep on the floor without a mattress if you are suffering from back-ache. Do not sleep on your stomach. Instead, sleep on your left side or your right side.

## JINSIA YA KULALA NA KUAMKA KUTOKA KITANDA

*Tumia mto (mattresses) ambao si nyororo sana na ngumu sana. Kama kitanda chako kiko juu sana, tumia viti (foot-stools) unapoingia au kutoka kwenye kitanda. Usitumie kitanda cha matendegeuu au kilicho na Kamba au springs kwa sababu uti wa mgongo utakuwa unapata msukumo usio sawa (unequal pressure). Hii husababisha maumivu. Kuweka mto ulio laini (soft pillow) chini ya magoti unapolala kwa mgongo hupyoosha/hulainisha mi-suli ya mgongo na hupodoa mau-mivu ya mgongo. Usilale chali bila godoro kama una matatizo ya mgongo. Usilale kifudi-fudi (kwa kutumia tumbo), lala kwa upande wa kulia au kushoto.*



## GOING TO BED AND GETTING UP

Observe the illustrations provided

- \* Raise yourself up on your left or right elbow on any side.
- \* Lower both your legs off the bed and onto the floor.

## JINSI YA KUENDA KITANDANI NA KUAMKA

Zingatia maelekezo yafuatayo:

- \* Nyanyuka kwa kutumia fundu (el-bow) la kulia au kushoto la up- and wowote ule.
- \* Weka miguu yako yote chini un-apoamka

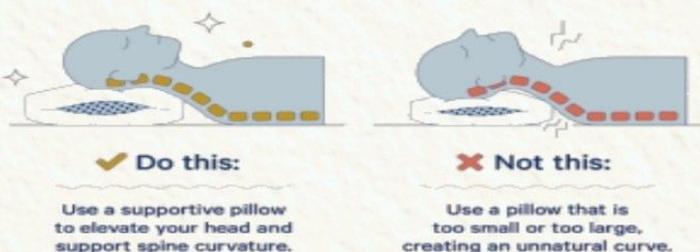


## USING THE CORRET PILLOWS

Stand against a flat wall. You need a pillow which fits exactly in the space between your neck and the wall. When you sleep, your neck needs support, so place your pillow under your head, below your neck and up to where your shoulder begins.

## KUTUMIA MITO IFAAYO

*Simama wima ukiegemea ukuta ulio laini. Unahitaji mto (pillow) ambao unatosheleza kamili nafasi kati ya shingo yako na ukuta. Unapolala, shingo yako inahitaji msaada pakegemea. kwa hivyo weka mto chini ya kichwa, shini ya shingo, na juu hadi pale shingo yako inanza*



## CORRECT FOOTWEAR.

Wearing high-heeled shoes places back-muscles under great strain and pressure, especially when standing for a long of time. Prefer using flat heeled shoes instead of high heels.

### **VIATU VIZURI VYA KUVALIA**

*Viatu vyatu visivyokuwa na viwe- fu/michuchumio (high heeled) kwa muda mrefu husababisha kujenga kwa misuli ya mgongo na masuku- mano (pressure). Ni vyema kuvalia viatu vyenye michuchumio/visio vigo (flat heeled shoes) ku- liko viatu vyenye michuchumio mrefu.*

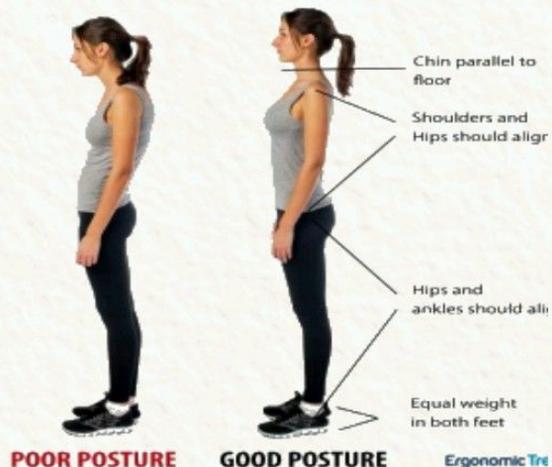
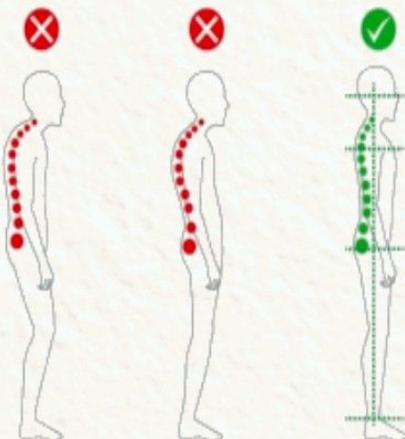


## HOW TO STAND FOR LONG

Professionals like Nurses, architects, fashion designers etc should follow this guideline. The ideal worktables for architects should be at elbow level for writing and drawing there should be a flat sur- face in 20° inclination with the horizon- tal so that the person can look down without bending his/her back.

### **JINSIA YA KUSIMAMA KWA MUDA MREFU**

*Wataalamu kama wauguizi (Nurses), watafutu wa ujenzi (architects), watafutu wa mirado (Fashion De- signers), na wengine wanatakiwa wafuate mwongozo huu. Meza ya wachoraji (amani (archi- tects) yapaswa kuwa sawa na kifu- a cha mkono. Kwa kuandika na kuchorea kunapaswa kuwa na ma- hali tambarare pamapa (pampegeo) digrii 20 (20 degrees) ili mtu aweze kuangalia chini pasipo kuinanisha mgongo.*



## BACKCARE DURING PREGNANCY

\* Backache is common during pregnancy. Back-stress can be relieved with proper exercise and postures.

\* While sleeping on the back, a pillow should be placed under both knees, so that back-muscles are relaxed.

\* It is advisable to sleep on one side with both knees bent, and a pillow between the legs.

\* While breast-feeding, sleep on one side or sit up straight in a chair and place your child on a pillow in your lap.

\* While changing nappies or the baby's clothes, place the baby on a table so that you do not have to bend down.

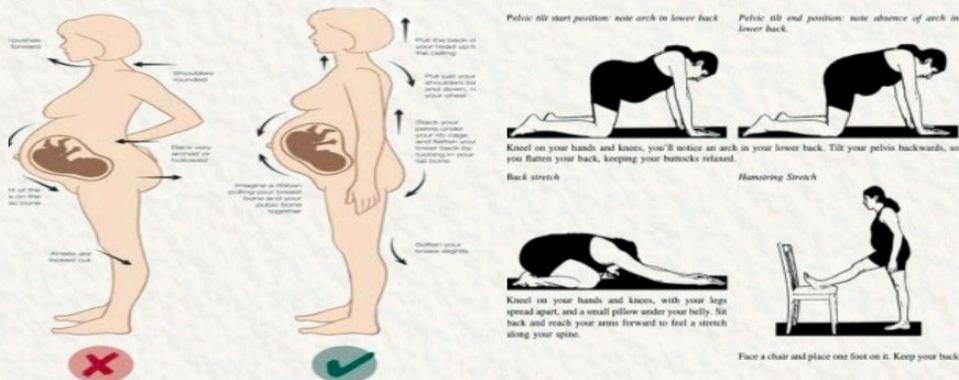
## KUTUNZA MGONGO WAKATI WA UJA UZITO

Maumivu ya mgongo hutokea mara nyingi wakati wa uja uzito. Maumivu na kujikaa kwa mgongo kunaweza punguzwa kwa ku-fanya mazoezi na kukea vizuri.

\* Unapolala kwa kuelemea mgongo weka mto (pillow) chini ya magoti yote mawili ili kuhakikisha misuli ya mgongo ia laini au sawa.

\* Ni vyema kulala kwa upande mmoja, magoti yote mawili yakiwa yamekunywa na mto (pillow) kati kati ya miguu.

\* Unaponyonyesha, lala kwa upande mmoja, au keti wima kwa kiti pia umuunike mtoto kwenye mto (pillow) juu ya mapaja yako. Wakati unabadilisha mtoto nepi au nguo, mweke mtoto kwenye meza isiyounuka kiasi ili kuepuka kuinama chini."



## BACK AND NECK POSTURE IN CHILDREN

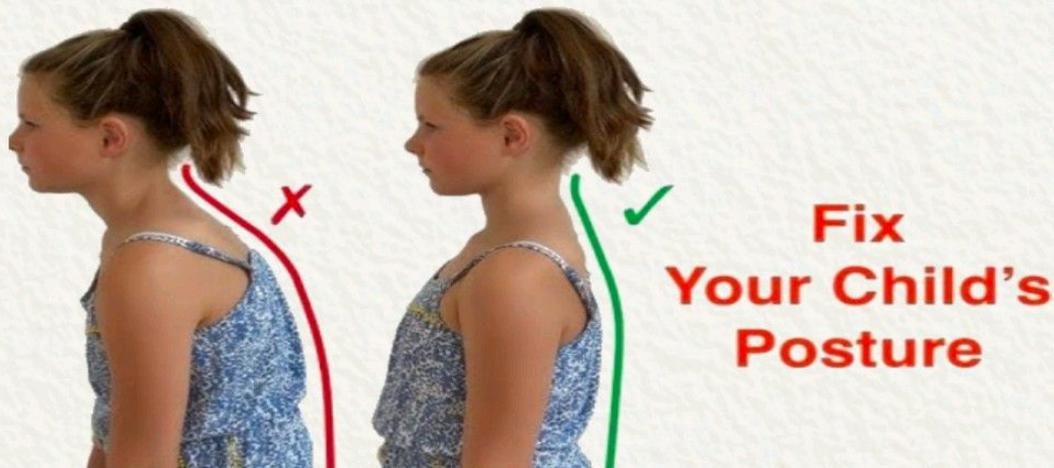
Usually children do not suffer backache or pain in the neck. But is good to take care. The height of the child's desk must be a little higher than the child's waist height while studying."

Inclination pads should be placed on study-tables of children. This ensures that their neck and neck remain straight while reading, writing and drawing. They should be able to look at their books without bending their neck and back."

## MKAO SAWA WA SHINGO NA MGONGO KWA WATOTO

Kwa kawaida ni vigumu watoto kuwa na maumivu ya mgongo au shingo. Lakini ni vizuri kuutunza mgongo na shingo. Stress za mgongo ya watoto unafaa kuwa juu kiasi zaidi ya kiuno cha mtoto anaposoma."

\* "Pedi Mkaazari (maeneo ya kuegemea) inastahili kuwekwa kwenye meza za watoto za kusomea. Hii huakikisha mgongo na shingo ya mtoto inabaki wima anaposoma, anaposandika au anapochora. Inafaa wawe na uwezo wa kuangalia vitabu vyao bila kuinamisha shingo au mgongo."



## PUSHING BETTER THAN PULLING

When you need to shift objects, prefer to push them rather than pull them, as shown

### **KUSUKUMA NI BORA KULIKO KUVURUTA**

wakati unataka kuhamisha vitu ni bora kusukuma kuliko kuvu- ruta. Sama ilivyonyeshwa kwenye picha.

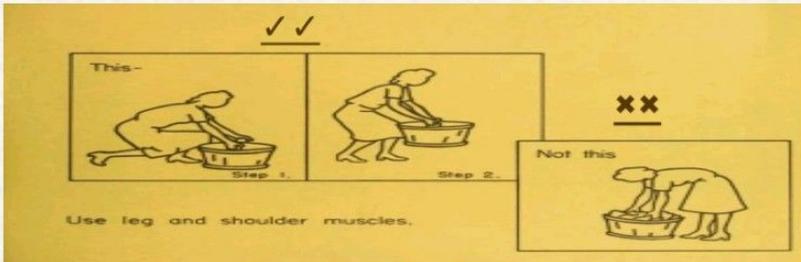


## CORRECT POSTURE IN HOUSE WORK

While performing tasks like sweeping, mopping the floor, making beds and cleaning the house, bend from the knees rather than from the back. Use a vacuum cleaner and a mop at the end of a stick. This will not cause back-ache. If you suffer from knee pain, sit on a stool as tall as the kitchen platform while cooking. You can work comfortably.

### **MKAO MZURI UNAPO FANYA KAZI NYUMBANI**

Unapofanya kazi kama kufagia, kupiga deki, kutandika vitanda ama kusafisha nyumba, ni vizuri kunama kwa kutumia magoti sio mgongo. Tumia mashine ya kusafishia viumba Urefu Wa Sinki/Beseni Ya Kuogea Na Kuoshea Vyombo na fagio refu kwa kupigia deki. Sha ka juu ya fimbo ili uwe umesimama wima ili upunguze uchovu na mau- mivu ya mgongo. Kama una masa- tiza ya magoti, keti kwenye kistuli (stool) kile na urefu sawa na ni kika wakati wa kupika. Utafanya upishi ukiwa salama/sawa.

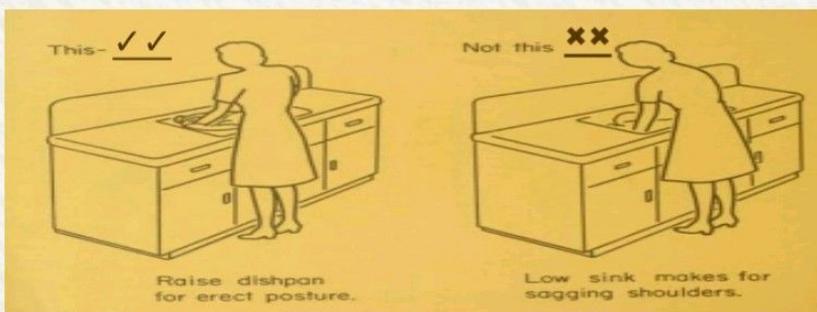


## HEIGHT OF KITCHEN AND BATHROOM SINKS

Kitchen and bathroom sinks should always be a little above the waist level. Where the sinks are set into platforms, there should be very little space between the basin and the platform-edge, in order to avoid bending down while you wash hands, dishes, vegetables etc. The taps should be fixed at such a height that you don't have to bend forward while working.

### **UREFU WA SINKI WA JIKONI NA BAFUNI**

Beseni/sinki za jikoni (chombo cha kupigia) na cha kuogea za-pewa kuwa juu ya kiuno. Ma-sinki ambayo yamewekwa kwenye jukwaa, kunafaa kuwa na nafasi ndogo sana kati ya beseni/sinki yenyewe na mwisho wa jukwaa. Hii husaidia kuinamia chini un-apofua mikono, kuosha vyombo. Mifereji ya maji inastahili kuwekwa juu isidogo kuhakikisha kwamba hutainama mbile unapofanya kazi.

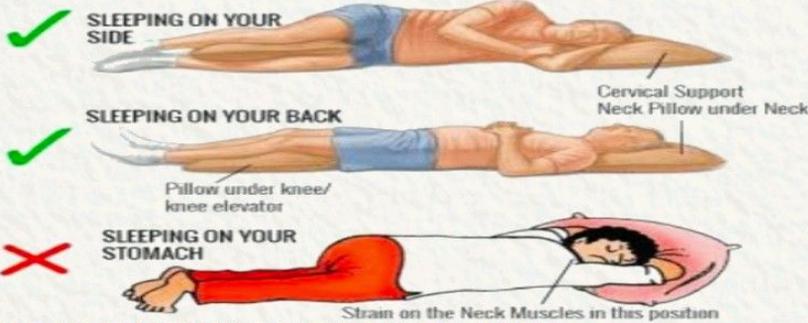


## TOTAL BED REST

Complete bed rest is necessary when there is sudden or severe back pain. It should last for at least 3-4 days. Daily routines, as shown in this booklet, may be slowly resumed after that."

## **MAPUMZIKO KAMILI KITANDANI**

*Mapumziko kwenye kitanda yanahitajika wakati wowote kuna maumivu kidogo au makali ya mgongo. Mapumziko haya yanafaa kuendelea kati ya siku tatu au nne (3-4) shughuli za kila siku, kama vile imeelezwa kwenye hiki kitabu, yanafaa kurudiwa/kurejewa pole pole baada ya haya mapumziko."*



## USE OF NECK OR BACK BRACES

Braces must be used only for a few days when the pain is extreme. After that, exercises as guided by the physiotherapist, should be done."

Wearing a neck brace, collar or a lumbar belt for a long time will weaken the muscles. It is important to strengthen muscles through proper exercises rather than wear belts."

## **UTUMIAJI WA KOLA YA SHINGO AND MGONGO**

*Kola za shingo zinaweza kutumiwa tu kwa siku chache wakati mau-mivu ni makali. Baada ya hapo, ni*

*muhimu kufanya mazoezi ya mwili kama ulivyorekezewa au elezwa na daktari wa mgongo."*

*Kuvalia kola ya shingo au mkan-da wa lumba wa kiuno kwa muda mfupi huongeza au hufanya misuli kuwa na udhaifu. Ni muhimu ku-fanya mazoezi yanayolain is hi ku-fanya misuli iwe na nguvu kuliko kuvaa mikanda/mishipi ya kati ya kiuno."*



## Physiotherapy

Physiotherapy is an important process to reduce and eliminate neck, back or joint pain. However, unnecessary and wrong kind of exercises will worsen the pain. Take expert

## **MAZOEZI YA VIUNGO**

*Mazoezi ya mgongo ni muhimu ili kupunguza na kuondoa maumivu ya shingo, mgongo na viungo. Hata hivyo mazoezi mengi na mazoezi yasiyo-faa/mabaya huongezea/huzindisha maumivu*

*Nii vyema kusingatia au kutafuta ushauri wa daktari wa viungo vya mwili au mtaalamu katika mambo ya mazoezi ya viungo vya mwili."*



## PHYSICAL FITNESS

- \* In the illustrations below, numbers 1 to 4 are harmful to the back and should be avoided.
- \* Swimming is a good exercise for those suffering from backache, since body weight decreases in water and back muscles get good exercise without undue strain. Walking in chest-deep water is also beneficial.

### **MAZOEZI YA MWILI**

- \* Maelezo ya picha ya kuanza hadi nne (1-4) ni hatari kwa mgongo na yanapaswa yaepukwe.
- \* Kuegelela ni mazoezi mazuri kwa wale wanaugua kutokana na maumivu ya mgongo. Uzito wa mwili hupungua kwenye maji na kwa sababu hiyo misuli ya mgongo hupata mazoezi bora bila kuma'angana au kuteseka. Kutembea kwenye maji kina kili- cho sawa na kifua ni muhimu kwa watu ulio na matatizo ya maumivu ya mgongo.



## WRONG HABITS

- \* A fatty diet and a sedentary lifestyle increase weight. Being overweight contributes to back-pain. A large stomach or pot-belly increases pressure on the lumbar vertebrae and causes persistent and frequent back pain
- \* Use of tobacco increases nicotine in blood, which constricts blood-vessels and prevents the healing process if discs or muscles have been damaged. As a result the pain is prolonged.
- \* Cradling mobile-phones between the neck and shoulder while driving or performing other tasks increases the possibility of neck-pain. Telephone operators should use headphones or blue-tooth technology so they can work with their necks straight.

### **MAUMIVU YA MGONGO KWA SABABAU YA VIFUNDA (NYONGA)**

*Vyakula vyenye mafuta mengi na maisha ya kutojali huomba bisha kuongezeka kwa uzito wa mwili. Kuwa na uzito kupita kiasi*

*huchangia kuwa na maumivu ya mgongo. Kuwa na tumbo kubwa (kitambi) au tumbo mfano wa chungu (pot-belly) huongeza msu- kuno kwenye vifunda vya mgongo (lumbar vertebrae) na kusababi- sha maumivu yasiyokwisha, au ya mara kwa mara, ya mgongo."*

*"Kutumia sigara huongeza niko- tini (nicotine) kwenye damu. Hii hufanya mishipa ya damu kubana na kuzuia uponyaji ikiwa vifunda (disc) au misuli imeshapisha harbi- ka. Kwa hivu maumivu yanach- elewa muda mrefu kuisha."*

*"Kushikilia simu au simu ya mkononi kati ya shingo na ma- bega wakati unaendesha gari au kufanya shughuli au kazi fulani huongeza uwezekano wa kuwa na maumivu ya shingo.*

*Waelekezi wa simu (telephone operators) wa naashahili kutumia headphones au teknolojia ya Bluetooth ili waweze kufanya kazi shingo zao zikiwa laini au wima."*



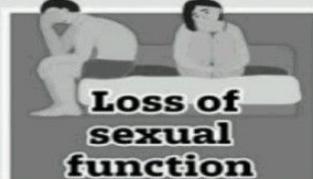
## **EMERGENCY SITUATIONS IN BACKACKES**

Emergency medical help should be sought from a spine-specialist under the following conditions:

- \* Weakness while walking
- \* Tingling or shooting pain, pins & needles sensation while standing or walking
- \* Buckling of legs
- \* Partial or total paralysis
- \* Loss of control over passing urine and stools
- \* Vertebral Fracture without major injury

### **WHEN YOUR BACK PAIN IS A MEDICAL EMERGENCY**

Call 999 if you also experience one of these 6 symptoms



### ***HALI YA DHARURA WAKATI WA MAUMIVU YA MGONGO***

*Matababu ya haraka/dharura yanafaa kutafutwa kutoka kwa mtaalamu/daktari wa matatizo ya uti wa mgongo ikiwa mambo yafuatayo yataonekana au yatabuniwa na mvong'ote:*

- \* *Udhaifu/nyong'ong'a wakati wa kutembea*
- \* *Maumivu kama vichomi, kusikia kama sindano na vipini vinakudunga wakati umesimama au kutembea*
- \* *Kuanguka nguvu*
- \* *Kupoteza sehemu au mwili wote*
- \* *Kutodhibithi au kukosa nguvu wakati wa kukoja au haja kubwa.*
- \* *Nyufa au kuachana kwa vifunda vya mgongo bila kupata jeraha lolote. kubwa.*

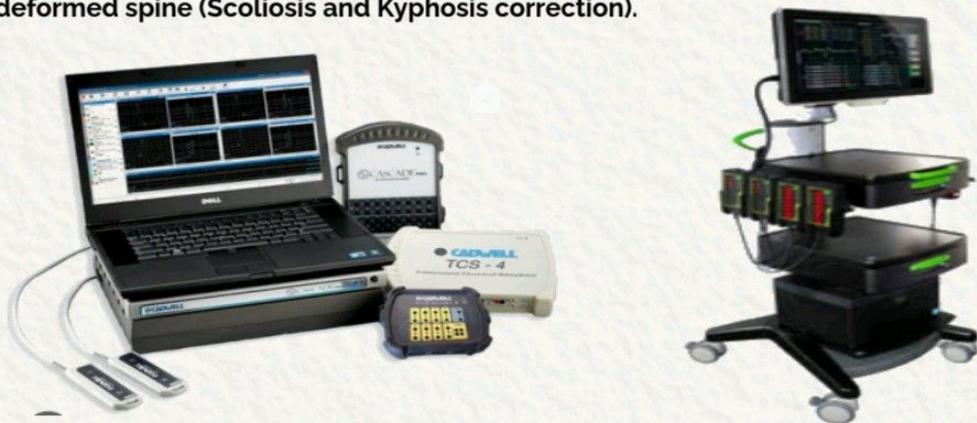


# IOM SYSTEM (INTRA OPERATIVE NERVE MONITORING SYSTEM)

*A live monitoring system which protects Spinal Cord during surgery  
"A Revolution In Spinal Surgery"*

This technology monitors the function of nerves from brain to toes during surgery (Live Monitoring). It makes us more confident and sure of the final result. The spinal clinic has introduced this technology for the first time in Western India. A technology that exactly tells the surgeon before hand about the safety of procedure. This monitoring system gives live input regarding the function of spinal nerves and makes spinal instrumentation very safe & precise. So the patients know for sure that there will be no complication of paralysis.

THIS LIVE MONITORING OF SPINAL CORD warns the surgeon before hand if the nerves or Cord is being touched or manipulated. Doctors at spine clinic use a special PEDICLE PROBE STIMULATOR, a device that ensures that the SCREW Path is safe and is not impinging on the nerves. This technique increases good results in corrective surgery of deformed spine (Scoliosis and Kyphosis correction).

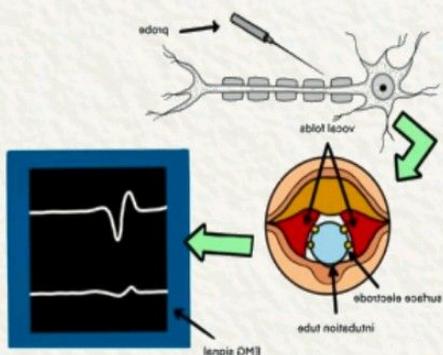


## MFUMO WA I.O.M (MFUMO WA UANGALIZI WA MISHIPA)

*Mfumo hai wa uangalizi unaolinda uti wa mgongo wakati wa upasuaji  
"Mabadiliko katika upasuaji wa uti wa mgongo"*

Teknolojia hii huangalia kazi ya mishipa (nerves) kutoka kwenye ubongo hadi vidole vya miguu wakati wa upasuaji (uangalizi hai). Hutupa imani na uhakikisho wa matokeo ya mwisho. Huduma/kliniki ya uti wa mgongo imetambusha teknolojia hii kwa mara ya kwanza magharibi mwa nchi ya India. Teknolojia ambayo inamjulisha daktari kabla ya utaratibu kabla ya kuanza hupasuaji utaratibu bora unaofaa. Mfumo huu wa uangalizi hutoa maelezo hai kuhusiana na kazi ya mishipa (nerves) za uti wa mgongo na hufanya mpangilio ulio salama na wawe hivo mgongo unaokuwa na uhakika hakuna tatizo la kupooza kwa mwili linaweza kutokea.

HUU UANGALIZI HAI WA UTI WA MGONGO hutoa onyo kwa mpasuaji kama mishipa (nerves) au uti umeguswa au unapinduliwa. Daktari katika kliniki ya uti wa mgongo hutumia kifaa spesheli PEDICLE PROBE STIMULATOR, kifaa/ chombo ambacho uhakikisha njia ya SCREW ni salama na iguzi mishipa. Mfumo/ njia hii huongeza matokeo mema katika njia bora ya upasuaji wa uti wa mgongo ulioumia (Scoliosis and Kyphosis correction).



# REVIVE ORTHO AND SPINE CENTRE

CENTRE FOR ENDOSCOPIC AND MINIMAL INVASIVE SURGERIES  
(Doctor treats, God heals)

Spine surgery involves various medical procedures performed on the spinal column or its associated nerves to alleviate pain, weakness, or other neurological symptoms. These interventions are typically considered when conservative treatments fail to provide relief for conditions like herniated discs, spinal stenosis, or deformities.

## DR. RITESH PATEL

**SENIOR FELLOW: EURO SPINE, NASS, APOA, APSS**



**FOUNDER CHAIRMAN, CONSULTANT ORTHOPEDIC SPINE**

**SURGEON AND SPECIALIST IN ENDOSCOPIC SPINE SURGERIES**

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Website : [www.reviveorthospinecentre.org](http://www.reviveorthospinecentre.org)

### SURGICAL SERVICES OFFERED

#### HUDUMA INAYOPEANWA YA UPASUAJI

- Percutaneous Endoscopic Discectomy under local anaesthesia
- MISS (Minimum Invasive Spinal Surgery)
- Artificial disc Replacement for neck and back pain
- Motion Retaining Spinal surgery
- Spinal injury and Rehabilitation
- Scoliosis and Kyphosis correction (Spinal Deformity)
- Degenerative Lumbar Spine (Spondylolisthesis)
- Cervical Myelopathy
- Spinal Infection (TB Spine)
- Spinal Tumour
- Balloon Kyphoplasty for Vertebral Wedging