



USP Hospital Costa Adeje

# Rehabilitation treatments

**U**SP Hospital Costa Adeje has expanded its excellent rehabilitation service with a new medical specialist as well as a multilingual team of physiotherapists.

**Dr Carmen Martínez Soto** tells us that the condition they see most frequently is lumbago, which affects almost the entire population at some stage in their lives.

**USP Costa Adeje** have boosted their rehabilitation service with the incorporation of a medical specialist who will offer medical cover to patients who require specific treatments.

**For Dr Martínez** one of the conditions suffered most by the general population is lumbago, defined by the pain that is present between the back's lumbar region (between the last rib and the gluteal muscles). And has become one of the principal socio-sanitary problems in industrial nations. "Between 60 and 90 per cent of people we know suffer lower back pain at some stage of their lives, and it is the second highest cause of absenteeism, only topped by upper respiratory infections (catarrh, bronchitis...)"

In Spain, within industrial and the services trades, a high number of people take sick leave as a result of lumbago, way ahead of those working in construction and agriculture.

**Dr Martínez** continues, "this illness generates an

enormous amount of lost work days and is the top cause of compensatory payouts by public bodies and work-related insurance companies". It is reckoned that lumbago is responsible for 20-25 per cent of disability benefit costs in industrialised countries, as a result of which it has become "a problem of the first order, as much for its medical as for its social and economic implications".

**There are circumstances** which make it more likely you will suffer from lumbago. "Back pain is more common among young men, youths, persons who have a below-par health profile, and those whose work involved heavy lifting or manual labour during which the spine is stretched or held in an awkward position. It can also be caused by vibration, and psychological-social factors are also relevant in that back pain is more frequent in patients who are not happy in their work or whose job is monotonous.

**The rehabilitation specialist** agreed that "fortunately the progression of lumbago is relatively mild and in the first month up to 85 per cent of lumbago sufferers improve and only 10 per cent go on to develop chronic pain. In those cases it would appear psychological-social and work factors are key.

**There is also secondary lumbago**, when the pain is a result of infections, swellings or spinal tumours. Primary or mechanical lumbago is as a result of degenerative

conditions (arthrosis, slipped discs...) or trauma to the same (spinal fractures, contusions...).

**In this regard** the rehabilitation specialist plays a decisive role in the treatment of acute mechanical lumbago and the objective of the team in the USP Hospital Costa Adeje is two-fold. On the one hand relief treatment for the pain during the acute phase and on the other, preventing the pain moving into a chronic phase.

**At the UPS Hospital Costa Adeje**

they offer a multitude of therapeutic tools and options in their rehabilitation programmes, "but some elements are standard and indispensable, such as keeping the patient informed (fundamental as they will be able to help themselves), the duration of rest prescribed (if it is too long it can prove more prejudicial than beneficial), training on how to avoid back

trouble, specific exercises (which have been proven to be highly instrumental in reducing the amount and extent of pain, including pain as a result of serious spinal injuries), electrotherapy (microwaves, ultrasound, analgesic currents, etc), Orthotics (girdles, corsets), spinal manipulation, pharmaceutical treatment and joint injections are the basic tenets of our therapeutic programmes.



Your well-being  
in our hands

**USP Hospital Costa Adeje**  
Tenerife

#### Rehabilitation Service

- Consultation with Rehabilitation doctor
- Kinesitherapy
- Neurofacilitation techniques
- Massage therapy
- Thermotherapy
- Phototherapy
- Magnet therapy
- Shock waves
- Analgesic currents
- Functional electrical stimulation
- Occupational therapy
- Orthotics
- Technical help

• for appointment tel. **922 792 400**  
• emergency & ambulance tel. **922 791 000**

We speak your language

[www.uspcostaadeje.com](http://www.uspcostaadeje.com)

## HealthExtra

Corneal blindness

### Restored sight

• Many blind people in Spain have been given new hope by the investigators at the University Institute of applied Ophthal-biology in Valladolid.

**So far they have tried a new treatment** on nine patients with corneal blindness using stem cells with an 89 per cent success rate. Corneal blindness affects around 100,000 patients in Spain. The newly developed therapy is for those who have corneal blindness caused by damage or infections to the limbic system of the brain, for whom a corneal transplant is ineffective in curing their condition.

European investigation

### Cancer hope

• A new study by the International Cancer Investigation Agency shows that people with high levels of Vitamin D in their blood have up to a 40 per cent less risk of contracting cancer of the colon.

**The study is the result** of the analysis of information from 521,457 people of whom follow up research showed 1,248 developing cancer of the colon. This kind of cancer is the second most frequent cancer in women and the third most frequent in men. The study based on patients from all over Europe backs up previous research done with North American populations.

**However the authors of the study** advise against taking Vitamin D supplements as the health risks of taking high concentrations of this vitamin are not known. They remind people that the best way of preventing this kind of tumour is stopping smoking, take more exercise, reduce obesity and stomach fat and limit the consumption of alcohol and red meat.

Accidents at work

### Fewer injuries

• Almost 10,000 fewer workers were injured at work according to statistics released by the Canarian Department for Employment.

**Work related injuries** were down a massive 19 per cent last year to 28,434 accidents, 9,809 less than 2008. There were 21 deaths, down 47 per cent and of those 21, 12 were not work related as such but heart attacks, strokes and similar. Although figures show a significant increase in the number of companies claiming to have carried out a risk evaluation survey in their businesses, up from 75.6 per cent in 2003 to 99.2 per cent last year, only 47.5 per cent of Canarian workers say that their employers have actively carried out measures to prevent work related accidents. Cynics may think that the huge drop in construction work last year also may have had a large part to play in the decrease as 95.1 per cent of workers in that sector are considered at risk.

El Hierro

### Green island

• The smallest of the Canarian islands has made another giant step forward in environmental health.

**Authorities in el Hierro**, already world renowned for its plans to set up a system to supply 100 per cent of its energy needs by sustainable, green methods, (windmills, solar panels etc.), have now come to an agreement that within the next eight years all their farming, both animal and fruit and vegetable will be 100 per cent ecological. All the bars, restaurants, schools and hotels will only be serving ecological food and wine from that date.