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Orthopedic health care dilemmas in the management of the modern musculoskeletal problems – Is yoga based wholistic management 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 orthopedic conditions like arthritis, neck pain, low back pain, RSI, 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 thus creating an orthopedic health care dilemmas. 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 comorbidities, co-musculoskeletal and co mental conditions and reduces stress which enhances healing. When combined with modern medical treatment as an add-on, it can provide an effective answer to the dilemmas of orthopedic health care in the management of these complex problems. Several RCT's have been conducted by me on the role of Yoga as an add-on to modern treatment

methods in acute and chronic low backache and neck pain, osteoarthritis of the knees, osteoporosis and even traumatic conditions like acute Spinal Cord Injury and fractures. 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. A first time path breaking research on fractures and acute spinal cord injuries also showed that advanced yoga therapy accelerates fracture healing and reduces the rehabilitation time in fractures and Spinal Cord injuries too. 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. This will bring the much needed improvement in the orthopedic health care across the world.

Speaker 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 is a PhD in yoga, involved in 6 original-yoga researches, won Best Research Award from SVyasa 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.

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