

MODERN PREVENTIVE METHODS FOR OSTEOCHONDROSIS

Normurodov Jahongir

Samarkand State Medical University

Abstract: Today, many people are forced to work in the same position for a long time. Diseases associated with the spine, in particular osteochondrosis, are widespread among office workers, computer workers, and those who lead a sedentary lifestyle. This disease causes changes in the spinal discs and bone structures, which reduces the quality of a person's life. However, in modern conditions, there are effective preventive measures to prevent osteochondrosis. In this article, we will talk about methods that prevent the development of the disease and ways to form a healthy lifestyle.

Key words: osteochondrosis prevention, spinal health, posture correction, ergonomic lifestyle, physical therapy, weight management, stretching routines, chiropractic care.

Osteochondrosis is a common disease that causes degenerative-dystrophic changes in the spinal discs and surrounding tissues. It occurs mainly in people who work for a long time or have a sedentary lifestyle. In modern conditions, there are a number of effective methods for preventing osteochondrosis.

Osteochondrosis is associated with the occurrence of degenerative-dystrophic processes in the spinal discs and related tissues. This process begins under the influence of the following factors: Sitting in the same position for a long time: Working in an office or sitting in front of a computer for a long time leads to excessive pressure on the spine. Inactivity: Lack of physical activity leads to weakening of the muscles and a decrease in the support of the spine. Improper nutrition: Lack of minerals and vitamins weakens the spinal discs and bone structure. Stress and unhealthy lifestyle: Constant stress and nervousness lead to muscle tension, which intensifies pain.

The following factors can contribute to the development of osteochondrosis: 1. Sitting in the same position for a long time (working in an office or in front of a computer). 2. Sitting or bending in an incorrect position. 3. Inactivity and lack of physical activity. 4. Improper nutrition and excess weight. 5. Genetic predisposition or orthopedic problems.

Modern preventive methods: 1. Proper physical activity. Movement is the main guarantee of spinal health. It is recommended to make the following a habit: Perform light morning exercises every day. Perform special exercises to strengthen the back muscles. Swim or do yoga 2-3 times a week. 2. Ergonomic organization of the workplace. For those who work sitting for a long time, it is important to have a comfortable workplace: The height of the table and chair should ensure the natural

position of the body. The monitor should be at eye level. It is recommended to take a break for 5-10 minutes every hour and do stretching exercises. 3. Maintain the correct position of the back and spine. When sitting, the back should be straight and have a natural bend. Heavy objects should be lifted by bending at the knees and keeping the back straight. 4. Massage and physiotherapy. Using modern technologies, massage and physiotherapeutic procedures are effective in preventing osteochondrosis. Massage relaxes muscles and improves blood circulation, while physiotherapy reduces pain and speeds up the process of tissue repair. 5. Proper nutrition. For the health of the spine and joints, it is important to consume products rich in the following substances: Calcium (dairy products, greens). Magnesium (nuts, cereals). Collagen and vitamins (jelly, fish, chicken soups). 6. Stress management. Stress leads to muscle tension, which puts additional pressure on the spine. Make it a habit to manage stress through meditation, breathing exercises, or walking.

Practical Recommendations: Engage in physical activity for at least 30 minutes every day. Monitor your body position while working and get used to sitting correctly. Follow the rules of healthy eating and give up bad habits. Perform special massage procedures during your vacation to give your back and spine a rest. By following the above measures, you can prevent osteochondrosis and maintain spinal health for many years.

Conclusion:

Osteochondrosis is one of the most common problems in modern life. People who work for a long time and lead a sedentary lifestyle are especially prone to this disease. However, there are modern and effective methods to prevent this problem. Proper physical activity, organizing an ergonomic work environment, healthy nutrition and stress management are the main ways to protect against osteochondrosis. Timely application of preventive measures will help not only keep the spine healthy, but also improve the quality of life. Preventing the development of diseases such as osteochondrosis with the help of a healthy lifestyle and regular physical exercise is within the power of everyone. By paying attention to yourself and your spinal health, you can achieve a long-term healthy life.

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