

Spine disorders 101

RUN TIME - :50

ANCHOR LEDE

If you're at a doctor's appointment and the provider says "spine disorder," you might stop in your tracks. But you don't have to. Doctor Sohail Syed, an OSF HealthCare neurosurgeon. He says to think of spine problems as a spectrum. Tim Ditman of OSF spoke to the doctor and has more.

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You might be a little outside of the normal curvature, and it's not going to be a major problem.

Bonafide spine disorders include scoliosis (sko-lee-OH-sis), which deals with your spine's curve, or ankylosing spondylitis (aink-uh-LOW-sing // spon-duh-LITE-is), which causes inflammation in your joints due to the body's immune system not working properly.

Prevention of these disorders includes avoiding risky activities, like heavy lifting or contact sports. Also, avoid smoking. And, maintain a healthy weight through diet and exercise.

\*\*\*SOT\*\*\*

Dr. Sohail Syed (SO-hail // sy-ED)

OSF HealthCare neurosurgeon

**"You don't want to be too skinny or too big. That puts either too much strain [when you're overweight] or not enough muscle to support the spine [when you're underweight]. It's like Goldilocks. You want to work out but not too intensely that you're crossing over into injury." (:15)**

I'm Tim Ditman.

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ANCHOR TAG

That "not too intense, not too light" workout routine could look like walks or light jogs.