



Study shows that regularly walking can help reduce the recurrence of back pain

Description

A recent study published in the **esteemed** medical journal The Lancet has highlighted the benefits of regular walks in preventing recurring back pain. The study revealed that patients who engaged in half-hour walks five times a week, along with guidance from a **physiotherapist**, experienced fewer **flare-ups** compared to a control group.

Additionally, participants reported an improved quality of life and a significant reduction in the time taken off work. The researchers behind the study expressed hope that these simple and cost-effective measures could have a **profound** impact on a condition that is a leading cause of disability worldwide.

Mark Hancock, a professor of physiotherapy at Macquarie University in Australia and co-author of the study, emphasized the accessibility of walking as an exercise, regardless of age, location, or socio-economic status. With approximately 800 million people globally suffering from lower back pain, the need for effective prevention strategies is crucial.

The study followed 700 adults who had recently recovered from lower back pain, with half of them assigned a tailored walking program and physiotherapy assistance. The intervention group experienced fewer instances of pain and longer periods before a recurrence compared to the control group.

While the exact reasons behind the effectiveness of walking in preventing back pain are still unclear, researchers believe it may involve a combination of gentle movements, strengthening of spinal structures and muscles, relaxation, and release of endorphins. Beyond back pain, walking offers **numerous** other health benefits, including **cardiovascular** health, weight loss, and mental well-being.

As the **prevalence** of lower back pain continues to rise globally, the study's authors underscored the importance of dedicating resources to research, prevention, and care in this area. In conclusion, incorporating regular walks into daily routines could be a simple yet powerful way to combat back pain and improve overall health and well-being.

Vocabulary List

1. **Esteemed** /??sti?md/ (adjective): Highly respected or regarded.
2. **Physiotherapist** /?fz?????r?p?st/ (noun): A healthcare professional who helps patients reduce pain and improve or restore mobility.
3. **Flare-ups** /fl??r-?ps/ (noun): Sudden intensification or recurrence of symptoms.
4. **Profound** /pr??fa?nd/ (adjective): Very great or intense.
5. **Cardiovascular** /?k??rdio??væskj?l?r/ (adjective): Relating to the heart and blood vessels.
6. **Numerous** /?nju?m?r?s/ (adjective): Great in number; many.
7. **Prevalence** /?pr?v?l?ns/ (noun): The commonness of a condition or disease within a population.



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Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which type of animals can live both on land and in water?
Option: A. Fish
Option: B. Birds
Option: C. Amphibians
Option: D. Reptiles
2. What do you call an organism that benefits from another organism without affecting it?
Option: A. Parasite
Option: B. Predator
Option: C. Commensal
Option: D. Host
3. Which type of cancer affects the skin cells that produce pigment?
Option: A. Melanoma
Option: B. Leukemia
Option: C. Lymphoma
Option: D. Sarcoma
4. What is the term used to describe people who move from place to place rather than settling in one location?
Option: A. Nomadic
Option: B. Sedentary
Option: C. Urban
Option: D. Agricultural



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5. Which term refers to the ability of a product to produce a desired or intended result?
- Option: A. Utility
 - Option: B. Efficacy
 - Option: C. Potency
 - Option: D. Resilience
6. What term describes something innovative or pioneering?
- Option: A. Standard
 - Option: B. Traditional
 - Option: C. Groundbreaking
 - Option: D. Conventional
7. Which healthcare professional specializes in restoring movement and function?
- Option: A. Dentist
 - Option: B. Surgeon
 - Option: C. Physiotherapist
 - Option: D. Psychiatrist
8. In epidemiology what term is used to describe the frequency of new cases of a disease within a specified period?
- Option: A. Prevalence
 - Option: B. Mortality
 - Option: C. Incidence
 - Option: D. Chronicity
9. Which term represents a state of growing vigorously or being successful?
- Option: A. Declining
 - Option: B. Stagnant
 - Option: C. Thriving
 - Option: D. Floundering
10. Which medical professional specializes in diagnosing and treating skin disorders?
- Option: A. Cardiologist
 - Option: B. Gynecologist
 - Option: C. Dermatologist
 - Option: D. Neurologist

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ birth is when a baby is born before 37 weeks of pregnancy.



12. Patients with psoriasis may experience skin _____ during stressful periods.
13. The new drug has shown to be extremely _____ in treating the illness.
14. The research study found _____ errors in the data analysis that had to be corrected.
15. Performance-enhancing substances are _____ in professional sports.
16. The _____ of diabetes has been steadily increasing in the population over the past decade.
17. The _____ of flu cases usually rises during the winter months.
18. Dr. Smith is an _____ figure in the field of astronomy known for groundbreaking research.
19. Some diseases are linked to _____ inherited mutations.
20. The newly opened restaurant is _____ despite the competitive market.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The genetic variations that result in differing characteristics within a population.
22. A method of fishing using a sharp implement to catch fish underwater.
23. Accurate and exact in measurement or amount.
24. An organism that benefits from a relationship with another without causing harm or benefit.
25. The stage of testing a drug before clinical trials in humans.
26. Places where services like massages beauty treatments and hair styling are offered.
27. Having great depth or seriousness showing intellectual depth.
28. The frequency of occurrence of new cases of a disease in a specific population over a period of time.
29. Having great power influence or effect.



30. A medical professional who specializes in diagnosing and treating skin disorders.

Answer

Multiple Choice: 1. C. Amphibians 2. C. Commensal 3. A. Melanoma 4. A. Nomadic 5. B. Efficacy
6. C. Groundbreaking 7. C. Physiotherapist 8. C. Incidence 9. C. Thriving 10. C. Dermatologist

Gap-Fill: 11. Premature 12. Flare-ups 13. Potent 14. Numerous 15. Banned 16. Prevalence 17. Incidence
18. Esteemed 19. Genetically 20. Thriving

Matching sentence: 1. Mutations 2. Spearfishing 3. Precise 4. Commensal 5. Preclinical 6. Parlours 7. Profound
8. Incidence 9. Potent 10. Dermatologist

CATEGORY

1. Health - LEVEL6

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