

Chuan-Ching Huang



• Current position:

- Attending Surgeon, Department of Orthopedic Surgery, National Taiwan University Hospital

• Specialty:

- Minimally invasive spine surgery
- Endoscopic spine surgery
- Vertebral compression fracture
- Osteoporosis

• Education:

- Ph.D., Department of Biomedical Engineering, National Taiwan University.
- M.D., School of Medicine, National Taiwan University

• **Career and certification:**

- Adjunct Lecturer, College of Medicine, National Taiwan University
- Research Fellow, Spine Center, Duke University Hospital
- Director, Department of Orthopedic Surgery, National Taiwan University Hospital Yunlin Branch
- Attending Physician, Department of Orthopedic Surgery, National Taiwan University Hospital Yunlin Branch

• **Reminder from Dr. Huang:**

Low back pain and sciatica are common conditions

in modern society. These conditions not only cause discomfort but also impact daily life. The causes of low back pain vary; they can be poor posture and muscle fascia pain, or as complex as spinal joint and disc degeneration, compression fractures, or nerve compression. To keep the spine in a good condition, it is important to maintain proper posture, follow a balanced diet, engage in regular exercise, and strengthen the core muscles. If you are experiencing lower back pain, seeking medical assistance can help. Through appropriate diagnosis and treatment, pain reduction and returning to daily living can be expected.