

REPORT OF WORLD PT DAY 2019



BARANAGAR

PHYSIOMAX ORGANISATION

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www.physiomaxorganization.in

WORLD PHYSIOTHERAPY DAY



EVENT DETAILS

The organisation celebrated their world PT day ,2019 at one of a rural area of West Bengal where a number of people are devoid of basic healthcare services. We have decided to do the same with those where there was a greater need of Physiotherapy and healthcare services.

A far reach area from Kolkata, we reached to a village named Amta, Howrah where we assessed 82 individuals with different musculoskeletal problems.

The total event was divided into 3 phase:

1. Assessment:

Physiomax Pain clinic (A uit of Baranagar Physomax organisation) are specialized in pain management. To spread our specialization to every corner of rural Bengal we arranged this camp with the help of local organisation " KHARDAH NEW AGE SOCIETY ". A total of 82 people were assessed including different Arthritis condition and spondylolytic changes of spine. A greater individuals were assessed with RA and Gouty arthritis. One of a leading problem which we were came across from this medical camp were Fibromyalgia and trigger point with suboccital neuralgia . Among the individuals of 20-30 which were seen more prevalent.



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2. Treatment: Few of the problems which can be treated over the area we focused on them effectively. Patients with severe trapezius muscle spasm and motor nerve adaptive shortening received manual therapy like Neural mobilization, Myofascial release and mobilization which showed significant result to them.

They were taught to continue the same as home based exercise intervention at home to get its therapeutic effects. Each individual were given home based exercise chart with pictorial demonstration which in turn will help them to do exercises at home easily.

Expert team members committed to all the individuals for a proper follow up over weekly basis and to come across any further progression regarding their present complains.



TREATMENT & AWARENESS PROGRAM



3. Awareness and Nutritional talk : Although we conducted a free pain care assessment camp we wished to reach to the root cause of this pain. Few of our findings which really needed to be addressed after seeing each individual's detailed investigation reports. Among the populations females who are suffering with long lasting pain having very low Vitamin D3 and calcium deficiency. Also elevated level of Uric Acid which can be due to food habit.

Our decision to solve this root cause to aware people. We had a talk to each individual regarding their lifestyle and food habits. We came across different aberrant information which was quite shocking for us. We tried to educate every individual about the cause of pain and the role of physiotherapy and physical fitness and food habits.

Dr.Tapas Kumar Pal (MPT)
President
Baranagar
Physiomax Organisation



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