

Indian Association of Physiotherapists (IAP)

31 states participated and more than 250 districts of India have organised camps , conferences to promote role of physiotherapy during and after covid -19 , virtual meet , television shows ,tele consultation camps on the World PhysioTherapy Day 8th September, 2020.

IAP is happy to inform that the Indian Physiotherapists set an ASSIST WORLD RECORD on World Physiotherapy Day,2020 for " Most Number of free live International webinars" in the field of Physiotherapy during Covid 19 Pandemic lockdown between 13 May 2020 and 08 September 2020. This event has 263 Topics taken by 227 Resource persons for 214 hrs 53 min 24 Seconds and attended by 3445 Participants from 26 countries.International speakers Dr Monika Cybert and Dr Radoslaw Lebiecziński from Poland, Ms Maryan Shafa Shareef from Malaysia and National Dr Ali Irani and Dr Annamalai,Dr Vijayakumar, Dr Franklin, Dr Subramanian,Dr T Senthilkumar were contributed their topics for this World Record event.

IAP also received a lot of wishes on email and video from the member countries and regions - Iran, Afghanistan, Malaysia, Armenia, Europe and Asia West Pacific and from Indian physiotherapists around the globe- UAE, Canada, USA.

Poster competition

On occasion of World Physiotherapy Day 2020, SVKM's NMIMS Sunandan Divatia School of Science along with Physiotherapy Department of Nanavati Super Speciality Hospital , Mumbai organized a Poster Competition for its students.

30 post graduate students participated showcasing immense enthusiasm and creativity.

The posters presented covered various topics from various specialities like Cardiorespiratory Sciences (COPD, Lung Cancer, Bronchieactasis, etc), Neurosciences (Dementia, Facial Palsy, Parkinson's Disease, etc) and Musculoskeletal Sciences (Ergonomics for WFH, Lateral Epicondylitis, Plantar Fascitis, etc) .

The following winners were selected by Dr. Ali Irani:

Rithisha Patkar, Rajeshwari Thappar, Krishna Bhanushali and Jhanvi Patel.

Nanavati Super Speciality Hospital
Dr. Rithisha Patkar (PT)
 Musculoskeletal

Physiotherapy In Antenatal Care

WHY EXERCISE WHILE PREGNANT
 Why? You can stay healthy and improve your quality of life. You can reduce the risk of complications. You can improve your mood and energy. You can improve your sleep. You can improve your posture. You can improve your circulation. You can improve your digestion. You can improve your breathing. You can improve your heart rate. You can improve your blood pressure. You can improve your cholesterol. You can improve your blood sugar. You can improve your weight. You can improve your skin. You can improve your hair. You can improve your nails. You can improve your overall health.

ROLE OF PHYSIOTHERAPY IN ANTE Natal CARE

- Prevention/Treatment of musculoskeletal problems
- Promoting healthy lifestyles
- Postural and Ergonomic advice
- Preparing for labour
- Teaching relaxation techniques
- Optimal physical fitness

A healthy mother, healthy baby. Exercising during pregnancy is safe for both mother and baby.

Role of physiotherapist during labour

- Relaxation
- Breathing techniques
- Positioning
- Pain relief
- Massage
- Other coping strategies (hypnosis, warm water Bath, acupuncture)

Exercises During Pregnancy

Postnatal treatment to prepare women

NMIMS SUNANDAN DIVATIYA SCHOOL OF SCIENCE

Physiotherapy After Breast Cancer

Signs & Symptoms

- A Lump in the Breast
- Change in Breast Shape
- Dimpling of the Skin
- A newly Inverted Nipple
- Red or Scaly patch of Skin
- Fluid coming from the Nipple

WHEN TO SEE A DOCTOR?

MANAGEMENT

- Breathing Exercises
- Soft tissue release
- Arm & Shoulder Mobility
- Upper Body Stretches
- Strengthening Exercises
- Aerobic Exs in the long run

DR RAJESHWARI THAPAR

Forward Head posture

Causes

- Poor posture
- Sleeping with your head elevated too high on pillow
- Extended Computer/cellphone use
- Prolonged Driving
- Carrying heavy backpacks.

Problems associated with FHP

- Headaches
- Neck discomfort
- Muscle tension in the neck and shoulders
- Mid back pain
- Chest pain
- Pain, pins and needles and numbness in arms and hands

Exercises for FHP

Forward Head Posture Test

If the back of your head is not aligned with the rest of your head, you have forward head posture.

Back Pain Exercises

Upper Extremity Exercises

Neck Exercises

Shoulder Exercises

Thoracic Exercises

Dr. Jahnvi Patel Ortho MPT

SUFFERING FROM UNRESOLVED UPPER BACK PAIN?

Treatments to get relief from upper back pain:

- Short-term rest
- Gentle stretches and exercises shown in the image
- Ice packs (to reduce swelling & pain)
- Strengthening and Postural correction of upper back
- Seeking out a Physiotherapist if pain persists.

Upper Back Exercises

Symptoms of Upper Back Pain:

- Sharp pain
- General discomfort
- Stiffness
- Radiating pain
- Tingling numbness or weakness

Dr. Jahnvi Patel Ortho MPT