

PHY-Q1-25/03/2021

JAN-MAR 2021



**Dr. M.G.R.**  
**EDUCATIONAL AND RESEARCH INSTITUTE**  
**DEEMED TO BE UNIVERSITY**

University with Graded Autonomy Status

(An ISO 21001 : 2018 Certified Institution)

Periyar E.V.R. High Road, Maduravoyal, Chennai-95. Tamilnadu, India.



# FACULTY OF PHYSIOTHERAPY

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***PHYSIO QUEST***

## **VISION**

- Maintain the department's long tradition of leadership and excellence in physiotherapy education
- Create innovative educational programs
- Promote the provision of ethical, efficient and cost effective physiotherapy services
- Provide a dynamic, efficient and adaptable physiotherapy program
- Serve the physiotherapy needs of the community

## **MISSION**

- Provide innovative physiotherapy education at undergraduate and post graduate levels
- To educate undergraduate and post graduate students to discover and apply new knowledge in physiotherapy and relating theory to practice
- Stimulate research in the various fields of physiotherapy to influence emerging health care practices and to advance the profession
- Foster leadership qualities in physiotherapy practice, education and research
- To educate undergraduate and post graduate physiotherapists to make them knowledgeable, self assured, adaptable, reflective, humanistic and as a service oriented individual.



### **MESSAGE FROM PRINCIPAL:**

We provide a system of education whereby a 'state of the art' technology would support a much wider array of content from a worldwide perspective that would take the students of today through such strategically planned experiences, that were drawn from any part of the world and measured up qualitatively as per world standards to prepare world citizens of tomorrow.

I am confident that our institution, FACULTY OF PHYSIOTHERAPY, with its rich legacy, will continue to shape the future of the young minds of our country and transform their potential into successful careers resulting in national development and global accomplishment.

As Principal my role is to foster an exciting and invigorating learning environment, where students are at the forefront of teaching and learning. Our dedicated staff work and learn together in collegiate teams to maximize student's potential by implementing highly effective teaching strategies and student support systems.

I am confident that this issue of Department News Letter will send a positive signal to the staff, students and the person who are interested in healthcare education. A News Letter is like a mirror which reflects the clear picture of all sorts of activities undertaken by a Department and develops writing skills among students in particular and teaching faculty in general.

I congratulate the Editorial Board of this News Letter who have played wonderful role in accomplishing the task in Record time. Also my heartfelt Congratulations to staff members and Students for their fruitful effort. With Best Wishes.

### ***STUDENT'S AND TEACHER'S CORNER***

#### **DEPARTMENT ORIENTED PUZZLES**

MONICA S  
BPT 4<sup>TH</sup> YEAR

E SECTION  
FACULTY OF PHYSIOTHERAPY

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FIND THE WORDS:

- HUMERUS

CLAVICLE

FEMUR

SCAPULA

PELVIS
- STAPES

FIBULA

ULNA

SKULL

STERNUM
- SCAPHOID

RADIUS

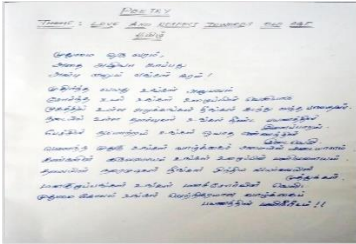
SPHENOID

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- LUNATE

TIBIA

TRAPEZIUM

ETHMOID



THE GHOST LIMB [PHANTOM  
LIMB SYNDROME]

-Srivatsan.M  
BPT II YEAR

Section: D

When a limb is amputated, a sensation that the amputated body part is still attached may persist. This phenomenon is called "phantom

sensation." Phantom sensation may be painful, and therefore is most often referred to as "phantom limb pain." Approximately 80% of

people who undergo amputations experience phantom limb pain, and approximately 20% will experience pain for up to 2 years after the amputation.

### **What is Phantom Limb Pain?**

Phantom limb pain is a painful or unpleasant sensation in a body part that has been surgically amputated or traumatically lost. The sensation may occur immediately following surgery or years later. Phantom pain is different from stump pain (or residual limb pain), which is localized in the remaining body part, or stump.

At one time, phantom pain was thought to be a psychiatric illness. Now we understand that it occurs through complex biological mechanisms. These involve changes in your brain's perception of the affected body part, changes in how sensation is processed by your nervous system, and changes due to damage of the nerve at the amputation site. Phantom limb pain can be influenced by psychiatric stress and depression, but it does not result from these conditions.

### **How we diagnose**

- Perform a careful examination of the bone and soft tissues of your stump to identify possible skin breakdown, infection, or abnormal pressure on weight-bearing contact points.
- Gently tap on the stump to identify possible nerve injury or a neuroma (an overgrowth of nerves in the stump).
- Check the fit of your prosthetic limb. (It is common for the shape of your stump to change over time, affecting the prosthetic's fit and comfort.)
- Check to make sure that you are using the correct stump socks, and that you are putting your prosthetic on properly.
- Explain how any of the above changes can cause skin breakdown and provoke pain problems.

### **How we [physiotherapist] treat?**

Phantom limb pain needs to be managed to prevent symptom flareups, or to resolve the problem. Pain management includes treating the biological and complex mechanisms of the problem with different strategies. A symptom-specific approach may include in addition to physical therapy the use of medication prescribed by the physician, psychological and behavioural therapies, and, if needed, surgical intervention.

Physical therapist may provide hands-on treatment and other interventions and

### exercise.Electrical stimulation

- TENS (transcutaneous electrical nerve stimulation)
- Electromyofeedback
- EMG

### biofeedbackManual

- Massage
- Manipulation (gentle limb movements performed by the physical therapist)

### Stump management

- Skin care
- Stump sock use
- Stump shrinker (an elastic sock to prevent swelling) use prosthetic fittings and proper use training

Physical therapist may perform and/or refer you for proper prosthetic device fittings, and help train you in the safe usage of your prosthetic device.

**Mirror therapy:**The principle of mirror therapy (MT) is the use of a mirror to create a reflective illusion of an affected limb in order to trick the brain into thinking movement has occurred without pain, or to create positive visual feedback of a limb movement. It involves placing the affected limb behind a mirror, which is sited so the reflection of the opposing limb appears in place of the hidden limb





## EVENT'S CORNER

### EVENT: WORLD WATER DAY

DATE: 22nd March 2021

MODE: Online – poster presentation

PARTICIPANTS: 25 Students from faculty of physiotherapy  
SUMMARY OF THE EVENT:

The faculty of physiotherapy in association with NSS unit - VI participated in “WORLD WATER DAY” poster presentations through online mode on 22.03.2021 by giving awareness not to waste water and to save rain water.

About 25 students from BPT presented posters through online for this event.

Students brilliantly presented various posters and showed their interest in saving water by them and also to society.



### EVENT: “WORLD NO TOBACCO DAY”

DATE: 31st May 2021

MODE: Online - poster presentation

PARTICIPANTS: 25 Students from faculty of physiotherapy

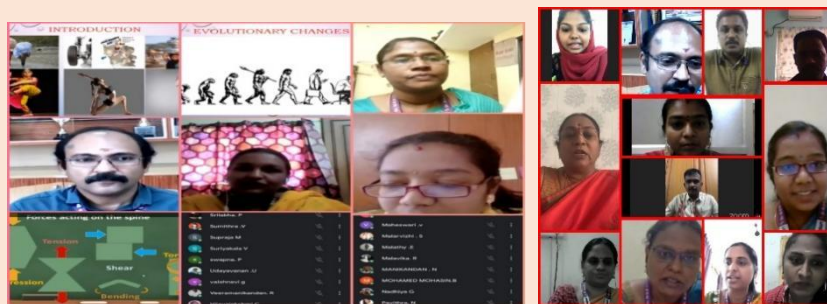
#### SUMMARY OF THE EVENT:

The faculty of physiotherapy in association with NSS unit – VI with our NSS volunteer students has participated in poster presentation organized through online on " WORLD NO TABACCO DAY " on highlighting the adverse effects of tobacco on human body and insisted to quit smoking posters were presented by students.

About 25 students from BPT participated for this poster presentation.

Students expressed their views to society by making posters efficiently.

## ALUMNI CORNER



Faculty of Physiotherapy, Dr. M.G.R. Educational and Research Institute, Chennai under the benevolence of our Honorable President sir and Honorable Secretary sir is organising series of webinars, FDPs and professional talks. We express our heartfelt thanks to Prof.Dr. S.GeethaLakshmi our Vice Chancellor madam for the constant support and guidance. In continuation with this, Faculty of Physiotherapy organized "Webinar" on “Anatomy and Mechanics of Spine” by Dr.M.YUVARAJ, Assistant professor, Department of anatomy , Saveetha medical college and Dr.Balaji Karnunakaran Assistant professor, Department of anatomy , Saveetha medical college on 05/06/2021 at 10.00 AM- 12:45 PM in Zoom Meeting. Around 500 participants attended the webinar through zoom platform and around 1500 watched the event live on You Tube.

The program began with tamil thai vazhthu, following which our Principal Dr.C.V. Senthil Nathan addressed the participants. That was followed by the welcome address by Dr.G.Tharani, Assistant Professor and Introduction of the first speaker by Dr.K.Kirupa, Assistant Professor and introduction of second speaker by Dr.Nithya nisha, Assistant Professor. Dr.M.YUVARAJ, gave a wonderful presentation on ‘Development of spine’ followed by Dr.Balaji Karnunakaran who presented on ‘ Kinetics and kinematics of spine’ . Both the speakers enlightened the audience with their knowledge. Dr.G.Vaishnavi, Assistant Professor proposed the vote of thanks. Then, the session was concluded with National Anthem. Feedback link was posted in the chat box to the participants for the E-certificate.

We once again thank our Beloved President Sir and our Beloved Secretary Sir for their unflinching support, guidance and providing us the right platform for all our ventures .



# DEPARTMENT MEET

## FACULTY OF PHYSIOTHERAPY DAVID J MAGEE JOURNAL CLUB

### JC Meeting: 004

#### Special Invitee



**Dr. JIBI PAUL**  
**Professor / Research Supervisor**  
**Faculty of Physiotherapy**  
**ACS Medical College and Hospital**  
**Dr. M. G. R. Educational and Research**  
**Institute, Chennai.**

**TOPIC : How to write a Research  
Proposal – An Overview**

**Date: 03.03.2021**

**Time: 3.00pm to 4.00pm**

**Venue: Faculty of Physiotherapy**

#### Agenda:

- 1) *Presentation & Discussion of Featured Article*
- 2) *Research Publication Progress Review (Each Individual)*
- 3) *External Member Tips for Publication*
- 4) *My Best Experience in Publication*
- 5) *Publication Target 2021*
- 6) *Open Forum Discussion to Clarify the Member Queries*
- 7) *AoB*

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**Dr. G. Yuvarani**  
**Journal Club Coordinator**

**Prof. Dr. C. V. Senthil Nathan**  
**Dept Head**

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