

ISSUE MAR

MAR 2025

PHYSIO QUEST

TRANSFORM YOUR HEALTH

Of the student, By the student, For the student

GOOD FOOD, GOOD LIFE.

JAN-MAR



**STUDENT
ACHIVEMENTS**

QUIZ TIME

PONGAL VIZHA

BRAIN BUSTERS

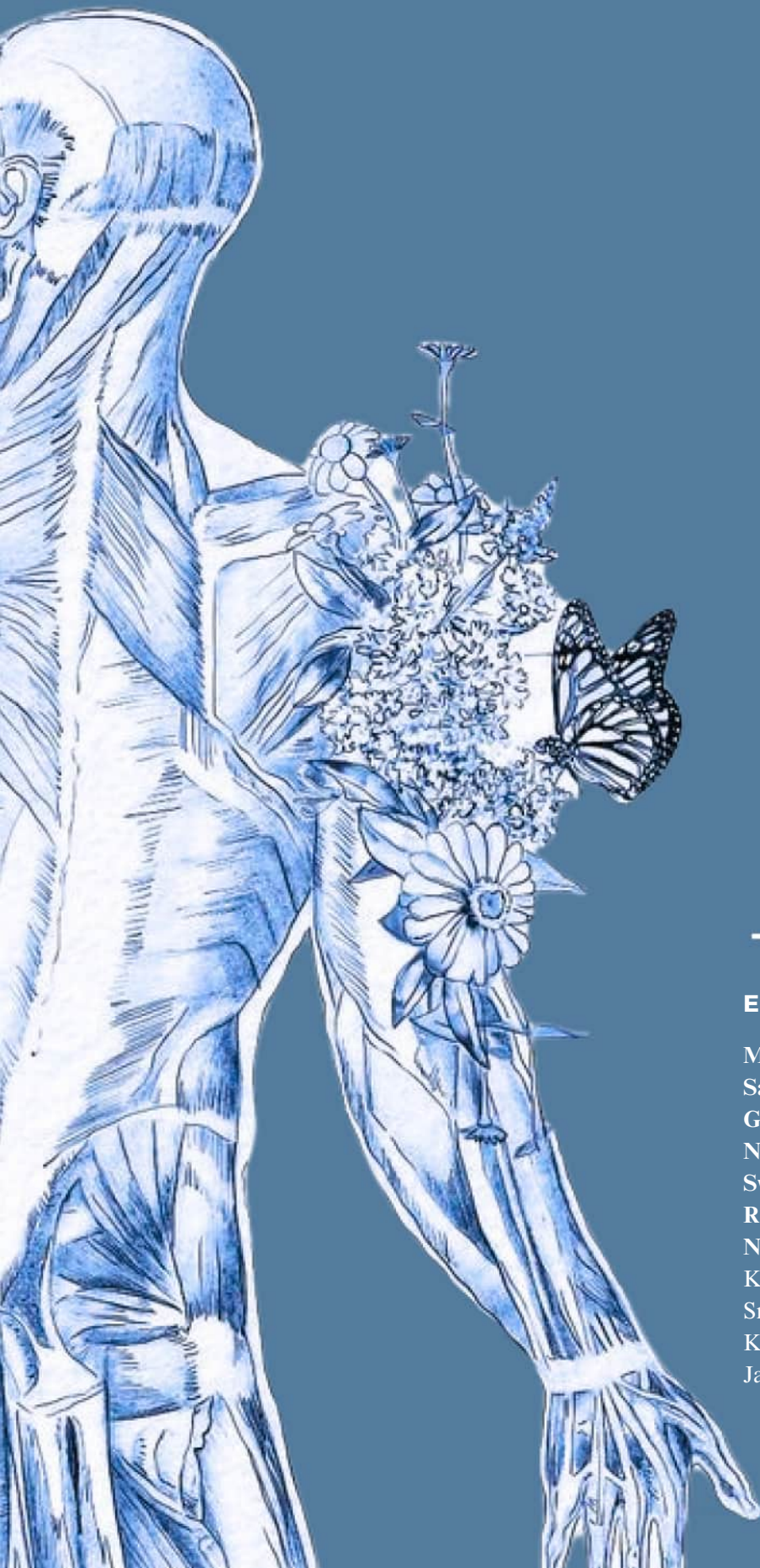


**REPUBLIC DAY
CELEBRATION**

GUEST LECTURE

**DIGITAL EYE
STRAIN**

**MOVEMENT OF
HEALTH**



Prof.Dr.C.V.Senthil Nathan MPT.,PhD

PRINCIPAL

Prof.Dr. S. Veena Kirthika MPT.,PhD

VICE PRINCIPAL

Prof.Dr. V. Rajalaxmi MPT.,PhD

VICE PRINCIPAL

Prof.Dr. Jibi Paul MPT.,PhD

PROFESSOR

Prof.Dr. G. Mohankumar MPT.,PhD

PROFESSOR

Prof.Dr. S. Ramachandran MPT.,PhD

PROFESSOR

Prof.Dr. Sudhakar MPT.,PhD

PROFESSOR

Dr. R. Nithyanisha MPT.,M.Sc Yoga

ASSISTANT PROFESSOR , NEWSLETTER
COORDINATOR , MAGAZINE COORDINATOR.

Dr. S.M. Divya Mary MPT.,

ASSISTANT PROFESSOR

Dr. K.Kirupa MPT.,Ph.D

ASSOCIATE PROFESSOR

Dr. G. Tharani MPT.,

ASSISTANT PROFESSOR

EDITORIAL TEAM STUDENTS

Mukesh.P IV th year

Santhosh kumar.S IV th year

Gowri.A IV th year

Nuha Aqsa.A II nd Year

Swetha.R II nd year

Ranjani.EJ II nd year

Nalinam priya.TD II year

Kavitha.M II year

Srivatsan.M II year

Kishore.V II year

Jaya kannan.II year

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www.youtube.com/@DrMGRphysio
[drmgr_physio](https://www.instagram.com/drmgr_physio)

PHYSIO QUEST

"SHAPING FUTURES: INSPIRING THE NEXT GENERATION" OF THE STUDENT, BY THE STUDENT, FOR THE STUDENT

- 
- 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.
-
- 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.
- 

EVENTS

DATE: 17.01.2025

SLOGAN COMPETITION ON NATIONAL ROAD SAFETY WEEK

Faculty of Physiotherapy in association with NSS Unit - VI organized a Virtual Slogan Competition on the Topic "Be a road safety Hero" in view of NATIONAL ROAD SAFETY WEEK on 17/01/2025 through Virtual Platform. Around 25 participants attended the competition. The Slogan related to the above mentioned theme was prepared by students and they all exposed their talents. It's was a great competition with more attractive posters with available meaning behind it. The Program was hosted by Dr. J. Carlin Jersha Rachel, Lecturer.



DATE : 21.01.2025

Cutting Edge Concepts in Hand Therapy

Faculty of Physiotherapy, organized a one Day workshop on Topic Cutting Edge Concepts in Hand Therapy on January 21st 2025 10:00 am to 5:00pm by Guest speaker, Dr.Kishore Kumar .D, MPT(Hand), PhD, Hand Therapist, Bedfordshire Hospitals NHS Foundation Trust, United Kingdom. 144 students participated in the event .

DATE: 24.01.2025

Continuing Physiotherapy Education on the Sports Physiotherapy in Dynamic Environment : Travel, On-field & Recovery

Faculty of Physiotherapy, Department of Sports Physiotherapy, organized Continuing Physiotherapy Education on the Topic "SPORTS PHYSIOTHERAPY IN DYNAMIC ENVIRONMENT, TRAVEL, ONFIELD AND RECOVERY" on JANUARY 24th 2025 10:00 AM to 4:00 P.M by Guest speaker, Dr.S.Babu, MPT Sports., Sports Physiotherapist, Indian Football Team. 52 students participated in the event .



Date: 29th January 2025

Expert Talk - Traditional Pulse Diagnosis

Faculty of Physiotherapy, Dr. M.G.R. Educational and Research Institute organised a Expert Talk on "Traditional Pulse Diagnosis" for MPT Students on 29/12/2025(Wednesday) at Lecture Hall – 06, Faculty of Physiotherapy, New building, A.C.S Medical College and Hospital campus, Chennai between 10.30AM to 12.00PM by Guest speaker, Dr. G. Raaja BAMS, M.Sc., MBA. MD (Ayurveda), Ayurvedic Consultant & Herbal Pharmaceutical Industrial Expert. 80 MPT students participated in the Expert Talk.



EVENTS

DATE: 10/02/2025

SUBJECT LECTURE ON VERTIGO “UNSTEADY GAZE AND BALANCE
Faculty of Physiotherapy, Department of Neurology, organized Subject lecture on Topic VERTIGO “UNSTEADY GAZE AND BALANCE” on **FEBRUARY 10, 2025, 11:00 AM to 12.00 Noon** by our Faculty Guest speaker **Dr. VAISHNAVI MPT (NEURO)., (Ph.D)., MIAP, ASSISTANT PROFESSOR, FACULTY OF PHYSIOTHERAPY, DR. M.G.R. EDUCATIONAL AND RESEARCH INSTITUTE.** 86 students participated in the event.



DATE: 14/02/2025

Subject lecture on Functional Movement Systems in Sports

Faculty of Physiotherapy ,Department of Sports, organized a Subject lecture on the Topic: Functional Movement System in Sports on 14/02/2025, from 10:00 am to 12 Noon by Our faculty Speakers **Dr. S. M. Divya Mary, MPT (Sports), (Ph.D)., MIAP, Assistant Professor, Dr. G. Thirulogachandar, MPT (Ph.D)., MIAP, Lecturer, Dr. D. Monesh, MPT(Sports), M. Sc Yoga, COMT, MIAP, Lecturer , Faculty of Physiotherapy, Dr. M.G.R. Educational And Research Institute.** A total of 60 Students participated in the event.



DATE: 21.02.2025

INTERNATIONAL MOTHER LANGUAGE DAY 2025

Faculty of Physiotherapy, Dr. M.G.R. Educational and Research Institute, Chennai hosted an Oratorical Competition on the theme "Language Matters" in celebration of International Mother Language Day on February 21, 2025, at Lecture Hall - 14, from 10:00 AM to 12:00 Noon. The event witnessed enthusiastic participation from approximately 50 students, who eloquently expressed their pride in their mother tongues and explored the importance of preserving linguistic heritage.



DATE: 27/02/2025

ALUMNI TALK SERIES 13 - MAPPING SKILLS WITH CURRENT TRENDS

Faculty of Physiotherapy, organized Alumni Talk Series -13 "MAPPING SKILLS WITH CURRENT TRENDS " on February 27th 2025 10:30 AM - 12.00PM at PG hall. 100 students participated in the event .



DATE: 17.03.2025

E- POSTER COMPETITION – “IMMUNIZATION FOR ALL IS HUMANLY POSSIBLE”

Faculty of Physiotherapy organized a Reels competition on the theme “IMMUNIZATION FOR ALL IS HUMANLY POSSIBLE” on occasion of **NATIONAL IMMUNIZATION DAY 2025**for BPT Internship students between 10.00am-2.00pm through online Google form. Nearly 10 students participated and sent E-Poster through google form. Judgement was done by **Dr. J. Arunselvi, Asst. Proffessor,**



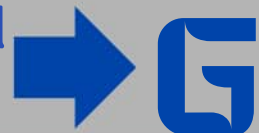
"From Gym to Game: Enhancing Athletic Performance Through Strength and Conditioning"



WELCOME

TO ALL

"From Gym to Game: Enhancing Athletic Performance Through Strength and Conditioning"



Guest



Faculty

பொங்கல் விழா 2025



கல்லூரியில் பொங்கல் விழா: பாரம்பரிய
பொங்கல் சமையல், கலாச்சார
நிகழ்ச்சிகள், விளையாட்டுகள், கோலம்,
பாரம்பரிய உடைகள், மற்றும் அருகவை
விருந்து என்பவை கொண்டாட்டத்தின்
முக்கிய அம்சங்கள்.



76TH REPUBLIC DAY

76th Republic Day Celebration Report

Date: January 26, 2025

Venue: ACS Medical College and Hospital Ground

Participants: 50 NSS volunteers (BPT I, II, III Years)

The Faculty of Physiotherapy, with NSS Unit-VI, Celebrated the 76th Republic Day with a Flag Hoisting Ceremony and March Past from 10:00-11:00 AM.

The event began with Tamil Thai Vazhthu and a welcome address by Katheja (I Year Pharmacy). Students from various departments, including Pharmacy, Nursing, AHS, Physiotherapy, and MBBS, participated in the march past.

Dr. S. Geethalakshmi, Vice Chancellor, hoisted the national flag and delivered an inspiring message. AHS students presented cultural performances, followed by a vote of thanks by Yamuna (II Year M.Sc. Nursing). The event ended with the National Anthem.

The celebration fostered patriotism and gratitude was expressed to leadership and organizers for their support.

Reported by: Dr. S. Kamesh



2025





**PROUD MOMENT FOR OUR ALUMNA -
DR.MARIAMMAL**

congratulation to DR>mariammal
[BPT 2014-2019] on sucessfully
clearing the MRB exam and being
appointed as a physiotherapist at
srivilliputhur government hospital.



your achievement is a true inspiration, and
we are proud of the professional you've
become.



A Proud Achievement for the Faculty of Physiotherapy



The faculty of physiotherapy at Dr. MGR educational and research institute has been conferred with the prestigious "unrivalled excellence in physiotherapy science" under katral award 2025 issued by the News 18 Tamil Nadu this eesteemed recognition underscores the institution extremely contribution to the field of physiotherapy. Its a moment of immense Pride for the faculty and all those associated with its achievement.





DIGITAL EYE STRAIN

American Optometric Association (AOA) defines digital eye strain as a group of eye and vision-related problems that results from prolonged usage of computers, tablets, e-readers, and cell phones which causes increased stress to near vision in particular. It also describes the inclusion of ocular, visual and musculoskeletal symptoms due to prolonged use of digital devices.



Dr. Sumaiya Banu I (PT),
MPT (Cardiorespiratory), MIAP.

CAUSES

- * **SCREEN TIME DURATION**
~ ↑↑ STRAIN with EXTENDED SCREEN TIME
- * **INAPPROPRIATELY ADJUSTED SCREEN SETTINGS**
- * **POOR SCREEN POSITIONING**
- * **PROLONGED EXPOSURE to BLUE LIGHT**

SIGNS & SYMPTOMS

- * **EYE DISCOMFORT**
~ DRY EYES
~ "GRITTIENESS" in EYES
- * **BLURRED VISION**
- * **WATERY EYES**
- * **SENSITIVITY to LIGHTS**
- * **HEADACHES**
- * **NECK & SHOULDER PAIN / SPASMS**



TREATMENT

PROVIDING SYMPTOM RELIEF

The 20-20-20 Rule



Take a Break
for 20 Seconds



Every 20 Minutes



Look at an Object
20 Feet Away

EYE EXERCISES



www.drmgr.edu.ac.in

JULY 2023

Movement For Health

THINK WELL, MOVE WELL, BE WELL

BY MAGAZINE TEAM

Happy
Body
Pilates

What is Health?

Health is a state of complete physical, mental, and social well-being. It encompasses all aspects of a person's functioning and potential.

What is a Sedentary Lifestyle?

Sedentary behavior involves low-energy activities like prolonged sitting, which can increase the risk of cancer, heart disease, diabetes, hypertension, and mortality.

Conditions Linked to Inactivity

Obesity: Strongly linked to inactivity; increases risks of diabetes and metabolic disorders.

Stroke: Physical inactivity contributes to arterial plaque and stroke risk.

Diabetes: Inactivity worsens insulin resistance and increases risk.

Hypertension: Linked to reduced vascular function and increased heart stress.

Other effects include:

Disrupted lipid metabolism

Reduced bone density

Increased risk of chronic pain, especially in knees

Movement and Physical Activity:

Movement refers to body motion, physical activity involves muscle contraction that raises energy use.

WHO recommends 150–300 mins of moderate or 75–150 mins of vigorous activity weekly.

Benefits of Physical Activity

Increases lifespan and life quality

Prevents chronic diseases (e.g., diabetes, hypertension, osteoporosis)

Improves mental health and bone density

Enhances muscle strength, balance, and body weight management

DEPICTION



VANITHA.R

MPT(ORTHO) 1ST YEAR



KRITHIKA.P

MPT 1ST YEAR



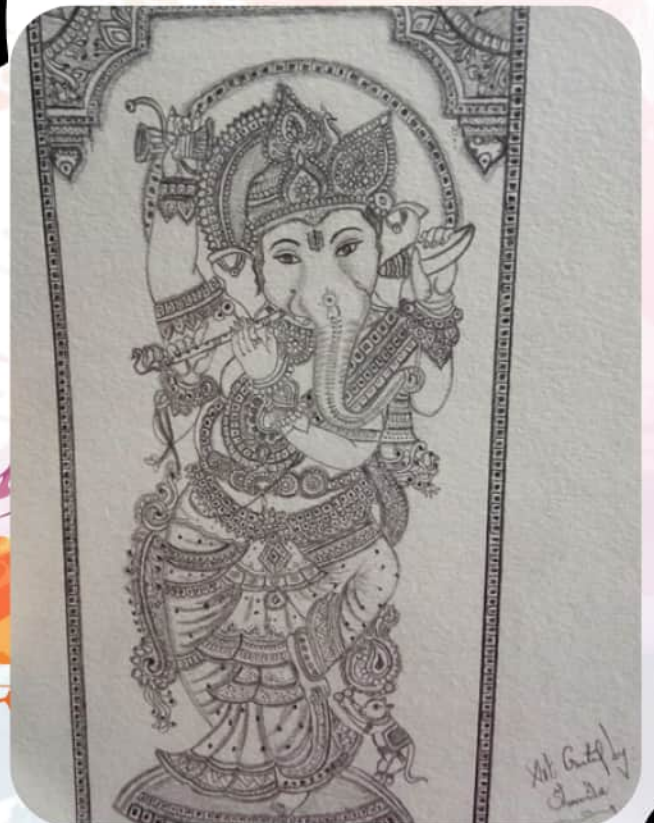
DEPICTION



YUVASHREE CHANDRASEKAR
BPT 1 -c

JAYASHREE S

BPT 1ST-c



DEPICTION



HARSHITHA.L MPT
1ST YEAR



1. what is the medical name for a nose job
a) liposuction
b) anaplastogy
c) Rhinoplasty
D) Glanuloplasty

2. What is affected by myalgia
a) bone
b) muscles
c) blood
d) feet



3. What is the Full from of RLQ
a) red blood count
b) right lower quadrant
C) red lower quality
d) Right lower quadrilateral

5. What is the root word for Slow
a) cyan
b) Gastro
c) brady
d) Tachy

4. WHAT IS THE MEANING OF ANGIO
A) MOUTH
B) WATER
C) LUNGS
D) VESSEL

6. What is the scientific term for a disease that causes dizziness

- a) giddiness
- b) vertigo
- c) dizziness
- d) foot

7. How many blood types are there

- a) 5
- b) 8
- c) 4
- d) 1

8. A stress test is helpful for a doctor to understand

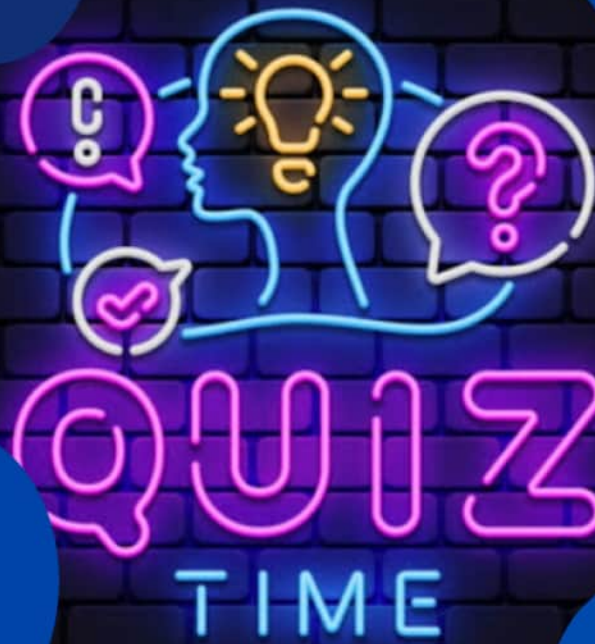
- a) The functionality of your heart
- b) The level of your ability
- c) all of above
- d). None of above

9. Pneumatic compression device is used for

- a) upper limb
- b) lower limb
- c) All of above
- d) radial compression on inguinal vasculature

10. A posterior pelvic tilt is commonly caused by tight?

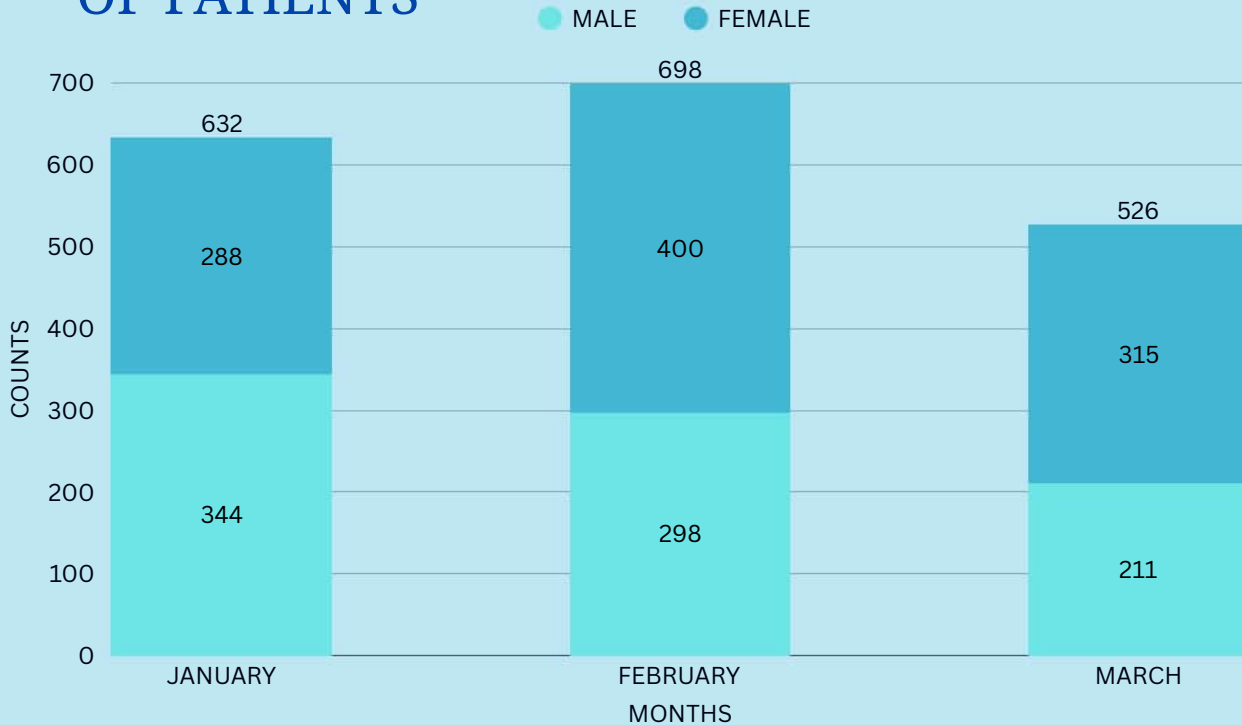
- a) Hip flexors
- b) Hamstrings
- c) Quadriceps
- d) Calf muscles



1)c) 2)b) 3)b) 4)d) 5)c)
6) b) 7)c) 8) a) 9)c) 10)b)

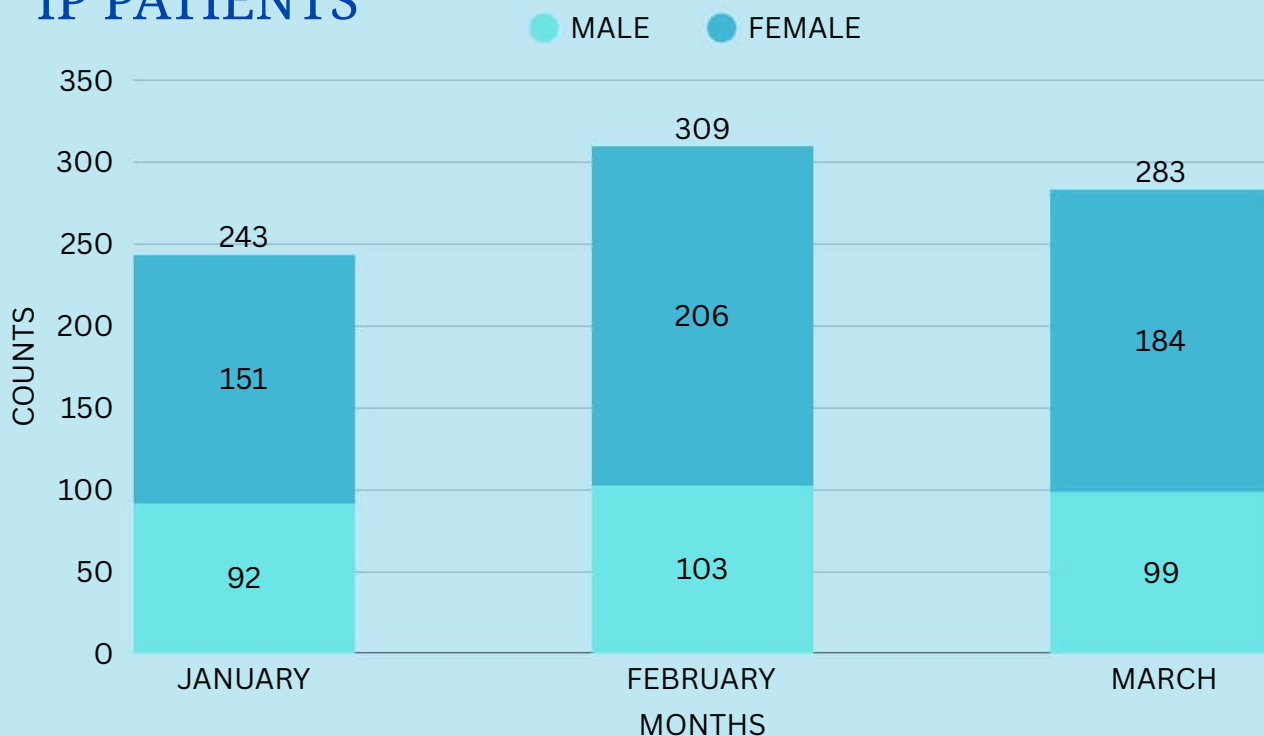
OUTPATIENT & IN PATIENT STATISTICS

OP PATIENTS



"The ACS Physiotherapy Department's OP/IP statistics reflect a commitment to excellence in patient care, with a significant increase in successful rehabilitation outcomes and patient satisfaction over the past year."

IP PATIENTS

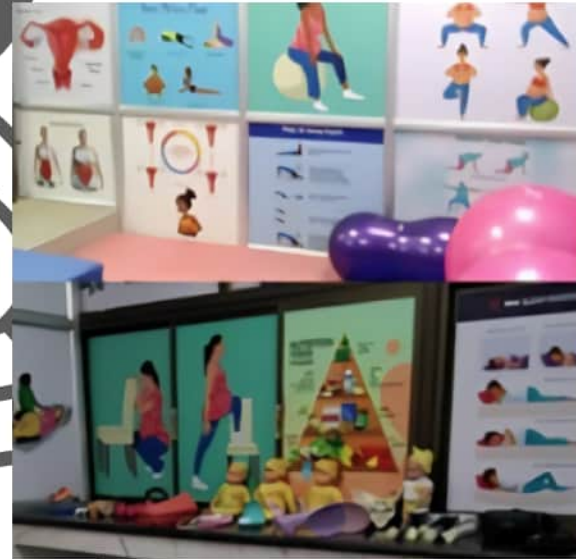
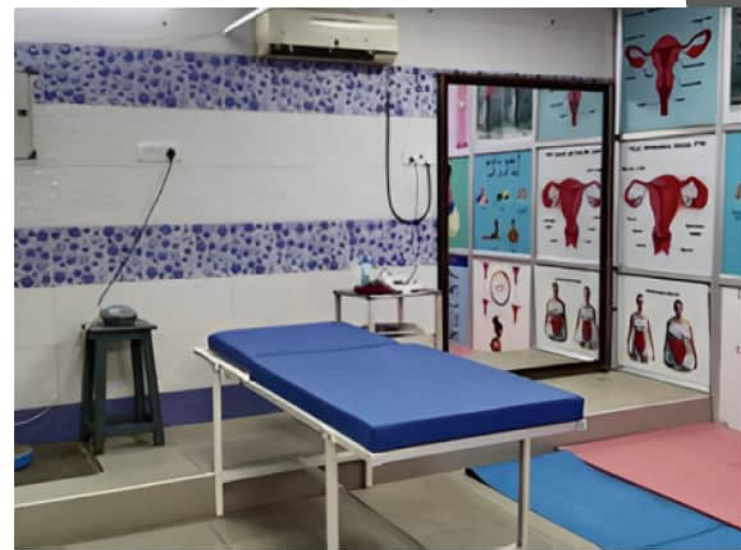




ADVANCED NEURO REHABILITATION LAB



OBSTETRICS & GYNAECOLOGY LAB

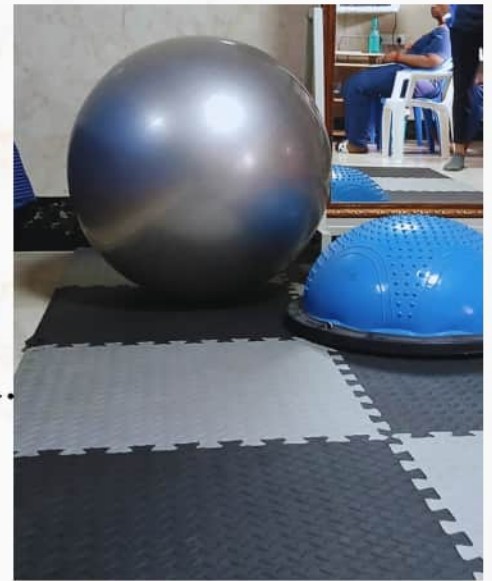




MSK

MUSCULOSKELETAL

LAB





SPORTS



BRAIN BUSTERS





BRAIN BUSTERS

WINNERS

TEAM-3



BPT 3rd yr C sec

- 1.Bhuvan Nainar.S
- 2.Dharun.M
- 3.Sai Aravind.A

TEAM-5



BPT 3rd yr B sec

- 1.Janaki.N.T
- 2.Harshini.V.K
- 3.Monisha.K

TEAM-1



MPT 1st year

- 1.Sanjay.G
- 2.Senthamizh Selvan.V
- 3.Rahamath Khan.K

TEAM-13



BPT 3rd yr A sec

- 1.Harshith.D
- 2.Kaaviyan raj.D
- 3.Srinath.G



வாழ்வோம் நலமுடன்



HEALTHY HEART

DR.DHANDAPANI

HOD DEPARTMENT OF CARDIOLOGY ACS MEDICAL COLLEGE AND HOSPITAL

DR. R.KAUSHIK MPT

CARDIOVASCULAR AND PULMONARY LECTURER FACULTY OF PHYSIOTHERAPY

DIABETIC FOOT ULCER

Dr. S. Nithyaraj, Department Of Surgery, ACS Medical College And Hospital

Dr. I. Sumaiya bhanu,
MPT - Cardio Respiratory, MIAP, Lecturer, Faculty Of PhysiotherapyHYSI



FUNGAL INFECTION

PROF. DR MOHAN

MID,DB.

DEPARTMENT OF DERMATOLOGY, ACS MEDICAL COLLEGE AND HOSPITAL

DR.ASHRIN T MPT (NEUROLOGY) LECTURER,



HEALTHY VISION

Dr. K. Kanmani

HOD, Professor

Department of Ophthalmology
ACS medical college

Dr.R.Kirthika, MPT (Neurology) Lecturer Faculty of Physiotherapy





வாழ்வோம் நலமுடன்



HYPERTENSION

Prof.Dr.Senthil, HOD

Department of General medicine, A.C.S.Medical
College and Hospital.

Dr. Pavithralochani V
Mpt Neurology, MIAP.MMTFI
Assistant professor,
Faculty of physiotherapy

ROTATOR CUFF INJURY

Dr.Naveen Jeyaraman MS(Ortho), DNB(Ortho)
FEIORA, FIJR, FIPM, FAS M, MBA, PHD
Department of orthopedics ACS medical
college and Hospital

Dr. Hemamalini MPT (ortho)

Lecturer Faculty of Physiotherapy



SINUSITIS

Dr. P. ILANGO VAN MS DLO ENT SURGEON ACS
MEDICAL COLLEGE AND HOSPITAL

Dr.Yuvashree
MPT(Ortho)

Lecturer Faculty of Physiotherapy



SCREEN TIME FOR CHILDREN

Dr.M Pradeep MBBS., MD(Paediatrics)
Associate professor, ACS Medical College
and Hospital

Dr.Arunselvi.J MPT(paediatrics)
Assistant Professor, Faculty of
Physiotherapy





வாழ்வோம் நலமுடன்



ADOLESCENT HEALTH PART 1

Prof.Dr.Vijayalakshmi Gnanasekaran
Assistant HOD

Department of obstetrics and gynaecology
Acs medical college and hospital

Dr.Deepthi RNV MPT OBG MIAP (P.hd)
Assistant professors hospital

ANXIETY

Dr.R.Jamuna, M.B., B.S, DPM
(Psychiatry)

Senior Resident Department of
Psychiatry ACS MEDICAL COLLEGE
AND HOSPITAL

Dr.M.Divya, MPT (ORTHO), MIAP
Lecturer Faculty of physiotherapy
Dr.MGR Educationional and Research
Institute



Childhood Asthma part 1

Dr. S. Balamurugan
Professor


Department of Pulmonary, Critical care
and Sleep medicine, A.C.S Medical College
and Hospital, Chennai

Dr. K. Ramalakshmi MPT, MIAP Lecturer
Faculty of Physiotherapy



FACULTY OF PHYSIOTHERAPY

Courses offered



Bachelor of physiotherapy
Master of physiotherapy
M.P.T in Orthopedics
M.P.T in Neurology
M.P.T in Cardio-Vascular & Pulmonary
M.P.T in Paediatrics
M.P.T in Sports
M.P.T in Obstetrics & Gynaecology
Ph.D (Full Time / Part Time)

குழந்தை மருத்துவத் துறை
ஏசிஎஸ் மருத்துவக் கல்லூரி மற்றும்
மருத்துவமனை
இயன்முறை மருத்துவம்

பூந்தமல்லி உயர் சாலை,
வேலப்பன்சாவடி, சென்னை-600077
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"உங்கள் குழந்தையின் வாழ்க்கையில்
ஒவ்வொரு நாளும் மாற்றத்தை ஏற்படுத்த"

குழந்தைகளின் இயன்முறை மருத்துவம் என்பது
நவீன உலகில் வளர்ந்து வரும் ஒரு சிறந்த
மருத்துவ துறை மற்றும் மருத்துவ முறையாகும்.

இம் மருத்துவம் குழந்தைகளின் வாழ்வின்
தரத்தை அறியவும் அவர்களின் மாற்றத்தினை
கண்டறியவும், உடலில் ஏற்படும் தசை, எலும்பு,
நரம்பு மற்றும் மூளை பிரச்சனைகளை
கண்டறியவும் உதவுகிறது

சிறந்த இயன் முறை மருத்துவம் மூலம்
குழந்தைகளுக்கு ஏற்படும்
பிரச்சனைகளை அதி நவீன சிகிச்சை
முறை மூலமாக நமது இயன் முறை
மருத்துவர்கள் சரி செய்கின்றனர்

சிறந்த உறுப்பினர்கள் மற்றும் இயன்
முறை மருத்துவ சிகிச்சையின்
அனைத்து சிறந்த சேவைகளும் இங்கு
உள்ளது. சிறந்த அனுபவத்தைக்
கொண்ட மருத்துவர்கள் மற்றும்
அதிநவீன தொழில்நுட்பங்கள் மூலம்
சிறந்த சிகிச்சை அளிக்கப்படுகின்றது

- மூளைமடக்குவாதம்
- ரிக்கெட்ஸ் (Rickets)
- டார்வு கோலிஸ் (Torticollis)
- எலும்புமுறிவு
- ஆஸ்திமா
- காசநோய்
- முதுகுநாட்பிழைகுறை
பாடு (Spina bifida)
- டவுன் சின்ட்ரோம் (Down
Syndrome)
- மனஇறுக்கம் (Autism)
- இளம்பிள்ளைவாதம்
- தசைநார்தேய்வு (Muscular
Dystrophy)
- கட்டி (Tumours)
- (ஹைட்ரோகெபாலஸ்)
Hydrocephalus
- மூட்டு வாதம்
- பிறவி குறைபாடுகள்



சிகிச்சைகள்

- சமநிலையிழிந்தி
- நடைபயிற்சி
- போபாத்தபயிற்சி
- ரூட்ஸ் அணுகுமுறை
- ஹைட்ரோதெரபி
- PNF
- வாஜ்டாபயிற்சிமுறை
- மூச்சுப்பயிற்சி
- வினையாட்டுப்பயிற்சி
- MNR
- ஒரீப்போ தெரபி
- Biofeedback
- வாய்வழி சிகிச்சை
- உணர்ச்சி ஒருங்கிணைப்பு
சிகிச்சை (sensory integration
therapy)



FACULTY OF PHYSIOTHERAPY

DEPARTMENT OF NEUROLOGY

ACS MEDICAL COLLEGE AND HOSPITAL
CAMPUS

Poonamalle High road,
Velappanchavadi, Chennai-600077
Ph: 044-26800505

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Website: https://www.drmgrdu.ac.in



ABOUT US

"He who has health, has hope; and he who
has hope, has everything."

The NEUROREHABILITATION
department is of utmost importance in
providing specialized care and
rehabilitation services to individuals
with neurological conditions.

Through its multidisciplinary approach,
individualized treatment plans, and focus
on functional independence, the
department contributes significantly to the
recovery, well-being, and improved quality
of life of patients with neurological
impairments.

We hold the best REHABILITATION
SERVICE as the highest priority,
during all phases of treatment.

We provide a quality of treatment
with our specialised and perfect
state of our equipments.

We have one of the highly skilled and
experienced team of Physiotherapists
specialized in various fields.

Our Faculty of Physiotherapy contain a
"CENTRE OF EXCELLENCE" for greater
quality of treatment.

What we Treat

- Stroke
- Parkinson's Disease
- Acute Spinal Cord Injury
- Alzheimer's Disease
- Amyotrophic Lateral
Sclerosis (ALS)
- Ataxia
- Bell's Palsy
- Brain Tumors
- Cerebral Aneurysm
- Epilepsy and Seizures
- Guillain-Barré Syndrome
- Headache
- Head Injury
- Hydrocephalus
- Cervical Disc Disease
- Lumbar Disc Disease
- Meningitis
- Multiple Sclerosis
- Neurocutaneous Syndromes
- Encephalitis
- Peripheral Nerve Injury
- Muscular Dystrophy
- Neuromuscular Diseases
- Myasthenia Gravis
- Cervical Vertigo



Treatments Provided

- Neurodevelopmental therapy
- Rood's Approach
- Bobath therapy
- Motor learning
- PNF
- Volta technique
- Constraint Induced Movement
therapy
- Virtual Therapy
- Oral motor therapy
- Sensory Integration
- Sensory Motor Training
- Neural Mobilization
- Reeducation
- Play therapy
- Recreational therapy
- EMG Biofeedback
- Pressure Biofeedback
- Manual Therapy technique
- Balance Training
- Conductive Education
- Neurosensorimotor Reflex





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University with Graded Autonomy Status

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FACULTY OF PHYSIOTHERAPY DEPARTMENT OF OBSTETRICS & GYNAECOLOGY PHYSIOTHERAPY

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About Us

To educate, influence and inspire all patients to strive for a healthier existence.

Women's Health Physiotherapy refers to the non-surgical therapeutic treatment specific to various health problems affecting women.

During the course of therapy, specially designed exercises and equipment are used to help patients restore their normal physical activities.

We provide quality treatment with the art equipment and highly skilled and experienced team of Physiotherapists specialized in Physiotherapy for OBG.

There is a special infrastructure in our Physiotherapy OPD (Women's health care unit).

Which provides women with greater quality of life.



WHAT WE TREAT

- Antenatal well being
- Postnatal exercises (Reshaping)
- Immediate postnatal & post-operative cases
- C - section
- Urinary Incontinence
- Fecal Incontinence
- Pelvic floor dysfunction
- Sexual dysfunction
- Menstrual disorders
- PCOD
- Obesity
- Frequent Urination
- Weak core strengthening
- Female athletes & adolescent issues
- Pre menopausal & post menopausal care
- Osteoporosis
- Breast feeding issues
- Breast care & ergonomics
- Nutrition & diet

TREATMENT OFFERED

- Antenatal physiotherapy
- Postnatal physiotherapy
- Posture analysis
- Manual therapy
- Tapping for DR
- Cryotherapy
- Labour TENS
- PFM training
- LASER
- Ultrasound therapy
- Thigh exercise
- Immediate post operative care
- Whole body analysis
- Shortwave diathermy for PID



Dr. M.G.R.

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FACULTY OF PHYSIOTHERAPY

DEPARTMENT OF CARDIOVASCULAR & PULMONARY
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ABOUT US

To educate, influence and inspire all patients to strive for a healthier existence

Cardiovascular and Pulmonary Physiotherapy is an area that specializes in the Prevention, Restoration and Improvement of quality in life of patients with Cardio-Respiratory diseases

We hold the best REHABILITATION SERVICE as the highest priority during all phases of treatment.

We provide quality treatment with our specialized State of the Art Equipments

We have highly skilled and experienced team of Physiotherapists specialized in Cardio-Respiratory Physiotherapy.

We have a special "CENTRE OF EXCELLENCE" with Advanced Physiotherapy Equipments for the Assessment, Diagnosis & Treatment of Cardio respiratory conditions

TREATMENT PROVIDED WITH ADVANCED CARDIORESPIRATORY EQUIPMENTS AND TECHNIQUES

- Pulmonary Rehabilitation
- Cardiac Rehabilitation
- Active Cycle of Breathing Technique
- Autogenic Drainage
- Forced Expiratory Technique
- Postural Drainage
- Chest Vibrator
- Pulmonary Function Test (PFT)
- Incentive Spirometer
- Breathing Exercises
- Treadmill Training
- Six-Minute Walk Test
- Bicycle Ergometer Training
- Relaxation Techniques
- Exercise Prescription for Diabetes Mellitus & Hypertension

Conditions Treated

- Chronic Obstructive Pulmonary Diseases (COPD)
- Lung Abscess
- Pneumonia
- Bronchial Asthma
- Pre/Post Abdominal and Thoracic Surgeries
- Emphysema
- Chronic Bronchitis
- Cystic Fibrosis
- Pulmonary Tuberculosis
- Restrictive Lung Diseases
- Occupational Lung Diseases
- Lung Carcinoma





Dr. M.G.R.
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FACULTY OF PHYSIOTHERAPY
DEPARTMENT OF SPORTS PHYSIOTHERAPY
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About Us

To educate, influence and inspire all patients to strive for a healthier existence.

Sports Physiotherapy is a specialized form of physiotherapy that is designed to help with injuries or conditions occurred during sports activities.

We hold the best REHABILITATION SERVICE as the highest priority during all phases of treatment.

We provide quality treatment with our specialized state of the art equipments.

We have highly skilled and experienced team of Physiotherapists specialized in Sports and Musculoskeletal Physiotherapy.

We have a special "CENTRE OF EXCELLENCE" with advanced physiotherapy equipments for the Assessment, Diagnosis & Treatment of Sports injuries.



WHAT WE TREAT

- Overuse Injuries
- Muscle Soreness
- Muscle Cramps
- Muscle Strain
- Ligament Sprain
- Repetitive Stress & Strain Injuries
- Meniscal Tears
- Tendonitis
- Running Injuries
- Impingement Syndrome
- Elbow Injuries
- Wrist & Hand injuries
- Groin Strain
- ACL Injury
- Ankle & Foot Injuries
- Joint Instability
- Contusion
- Spinal Injuries
- Pre Participation Evaluation
- Post Operative Rehabilitation Care & Return to sports

TREATMENT OFFERED

- Shock Wave Therapy
- LASER
- Balance Assessor
- Whole Body Fat Analyzer
- Pulmonary Function Test (PFT)
- Posture Analysis
- Gait Training
- Bicycle Ergometer Test
- Electromyography (EMG)
- Strength Training with Theraband & Theratube
- Manual Therapy
- Myofascial Release Tech
- Sports Taping
- On Field Management
- Cryotherapy
- IASTM
- Agility Training
- Injury Prevention Strat

FACULTY OF PHYSIOTHERAPY



FACULTY OF PHYSIOTHERAPY

DEPARTMENT OF ORTHOPAEDIC PHYSIOTHERAPY

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ABOUT US

TO EDUCATE, INFLUENCE, AND INSPIRE ALL PATIENTS TO STRIVE FOR A HEALTHIER EXISTENCE.

Orthopaedic physiotherapy is an area of physiotherapy which deals with the rehabilitation of diseases of bones and muscles.

Through its multidisciplinary approach, individualized treatment plans and focus on functional independence, the department contributes significantly to the recovery, well-being and improved quality of life of patients with musculoskeletal impairments.

We hold the best rehabilitation services as the highest priority during all phases of treatment.

We provide quality treatment with our highly skilled and experienced team of orthopaedic physiotherapists.

We have a special 'CENTRE OF EXCELLENCE' with advanced equipments for assessment, diagnosis, treatment of orthopaedic conditions.



ADVANCED EQUIPMENTS AND TECHNIQUES

- Shock wave therapy
- LASER
- Myofascial and trigger release
- Balance assessor
- Whole body vibration
- Body fat composition analyzer
- Continuous passive motion unit
- Interferential therapy
- Short wave diathermy
- Ultrasound therapy
- Intermittent cervical/lumbar traction
- TENS
- Wax therapy
- Hydrocollator pack
- Electromyography



CONDITIONS TREATED

- Post operative fractures and dislocation rehabilitation
- Post traumatic stiffness rehabilitation
- Arthritis
- Periarthritis shoulder
- Rheumatoid arthritis
- Ankylosing spondylosis
- Cervical and lumbar spondylosis
- Low back pain
- Sciatica
- Tennis elbow
- Golfers elbow
- Ligament sprain
- Carpal tunnel syndrome
- Dequervain's disease
- Calcaneal spur
- Plantar fasciitis



Movement is the medicine for creating change in a person's physical, emotional, and mental state

24 1k +99



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