

# PHYSIO QUEST

TRANSFORM YOUR HEALTH

Of the student, By the student, For the student

**GOOD FOOD, GOOD LIFE.**

JAN-MAR

STUDENT  
ACHIEVEMENTS

QUIZ TIME

PONGAL VIZHA

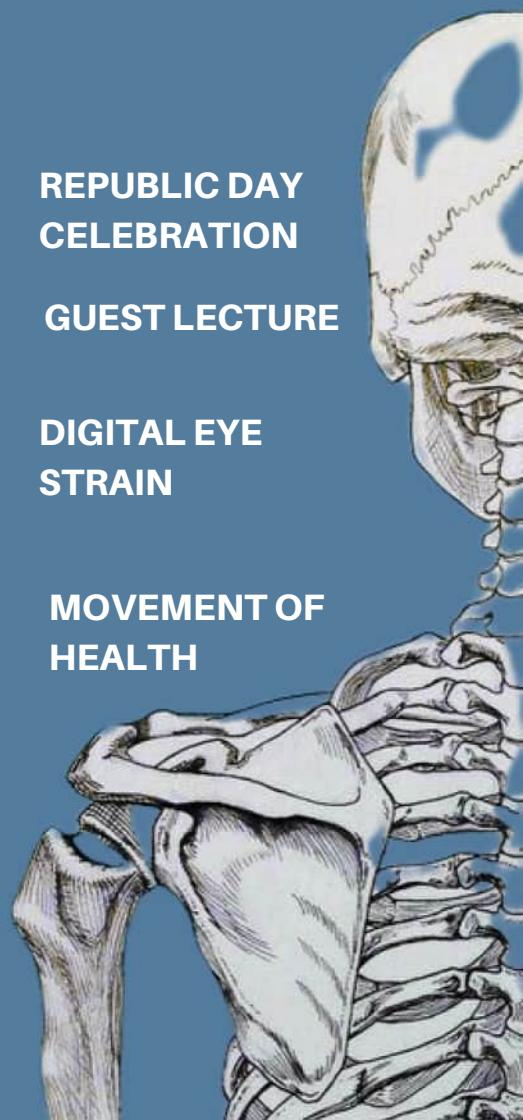
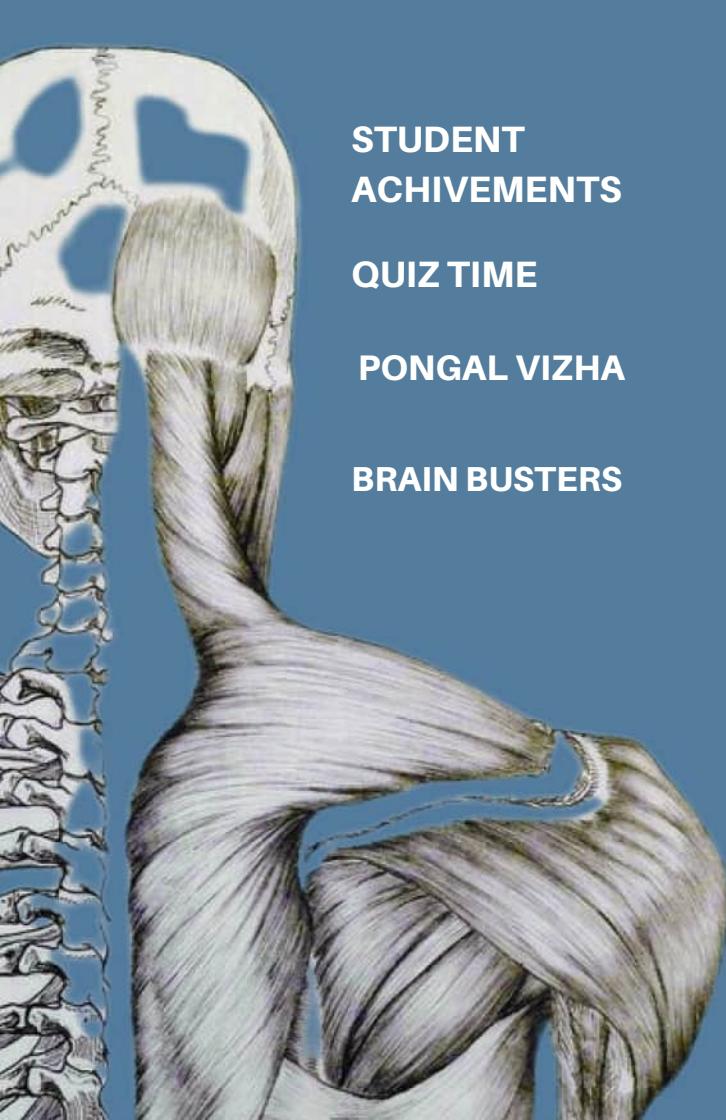
BRAIN BUSTERS

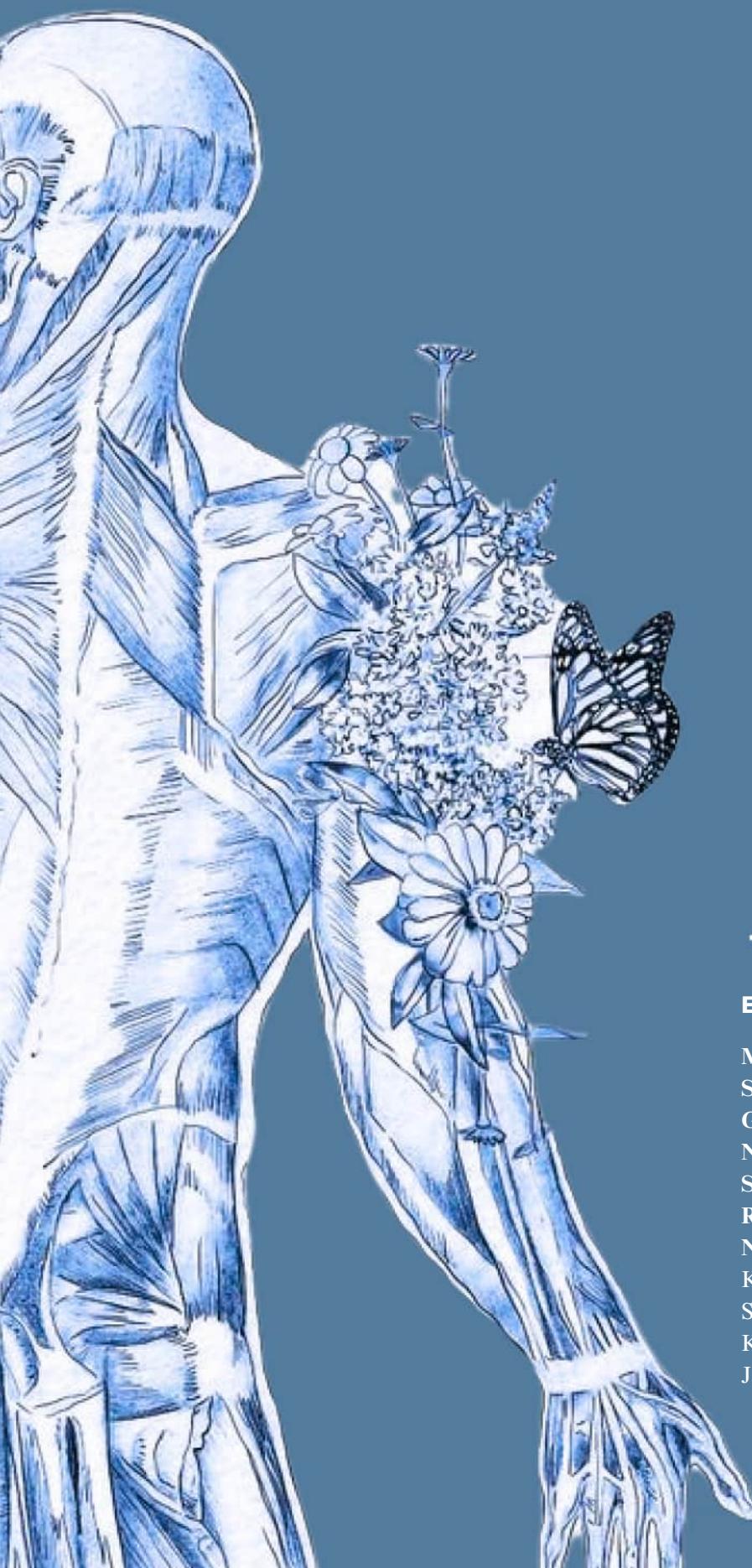
REPUBLIC DAY  
CELEBRATION

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

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## 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

# 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. Professor,



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

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

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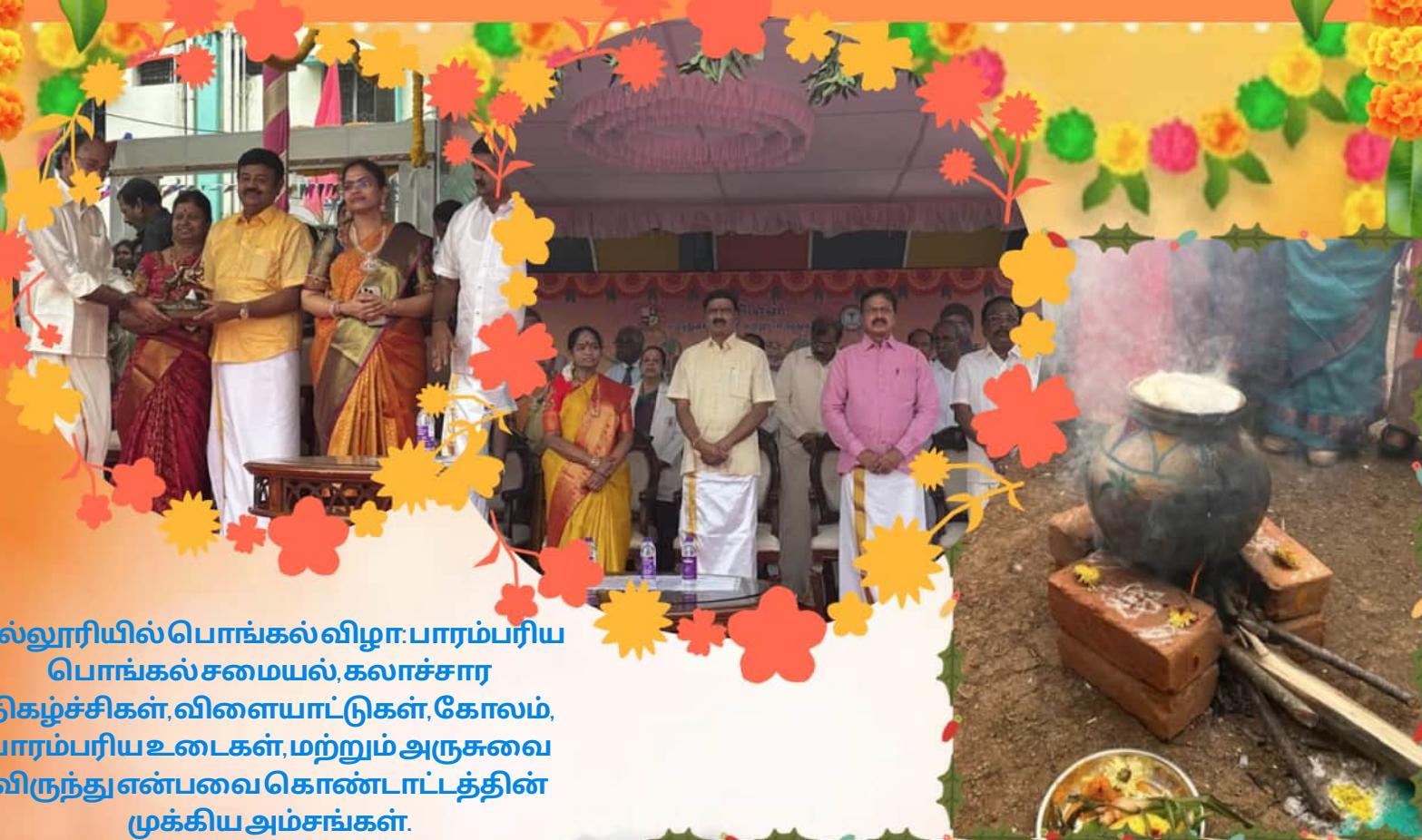


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# பொங்கல் விழா

# 2025



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



# 76 TH 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).

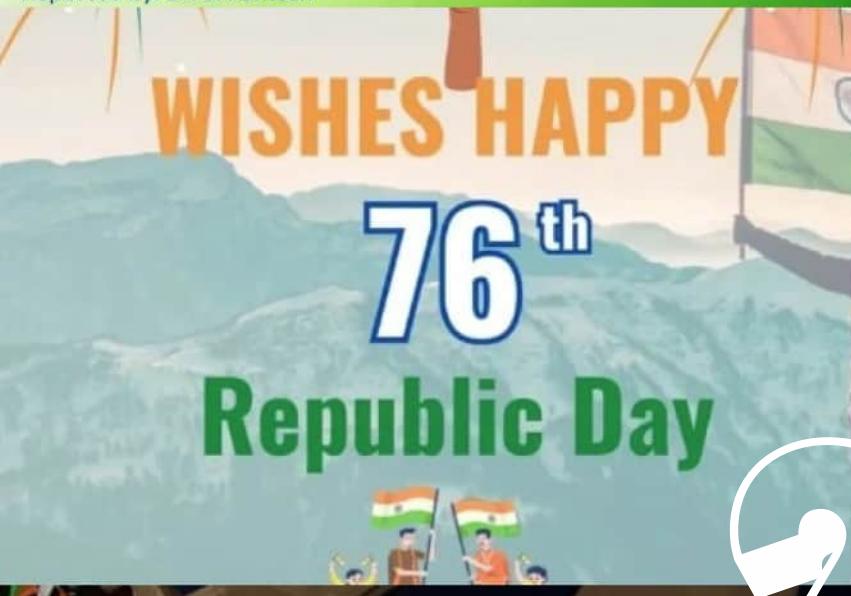
Students from various departments, including Pharmacy, Nursing, AHS, Physiotherapy, and MBBS, participated in the march past.

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.

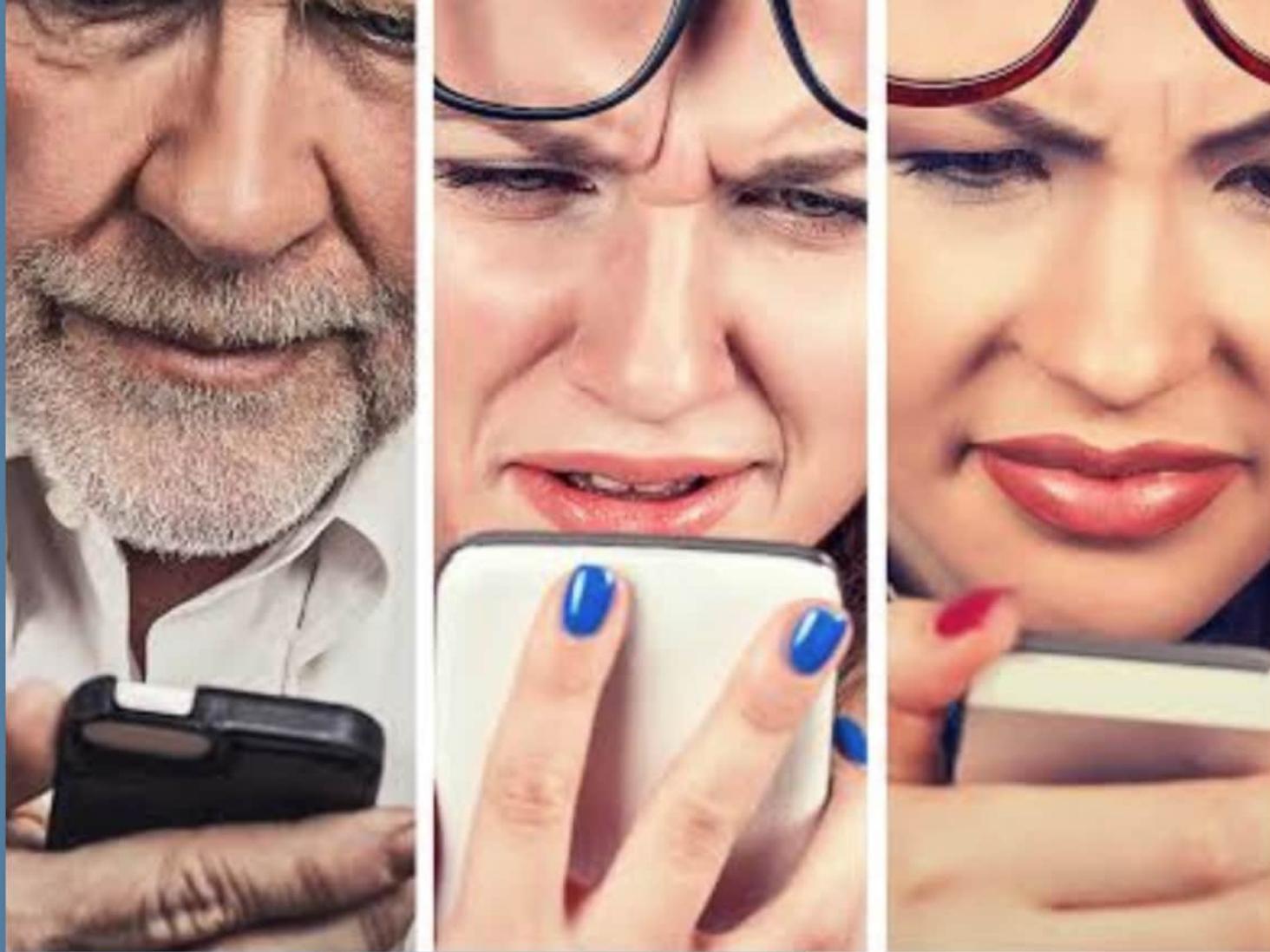


# A Proud Achievement for the Faculty of Physiotherapy



The faculty of physiotherapy at Dr. MGR educational and research institute has been conferred with the prestigious "unrivalled excellence in physiotherapy science" under katal award 2025 issued by the News 18 Tamil Nadu this esteemed 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 is also describes the inclusion of ocular, visual and musculoskeletal symptoms due to prolonged use of digital devices.



## 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
  - ~ "GRITTINESS" 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](http://www.drmgr.edu.ac.in)

JULY 2025

# 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 1<sup>ST</sup> YEAR



## DEPICTION



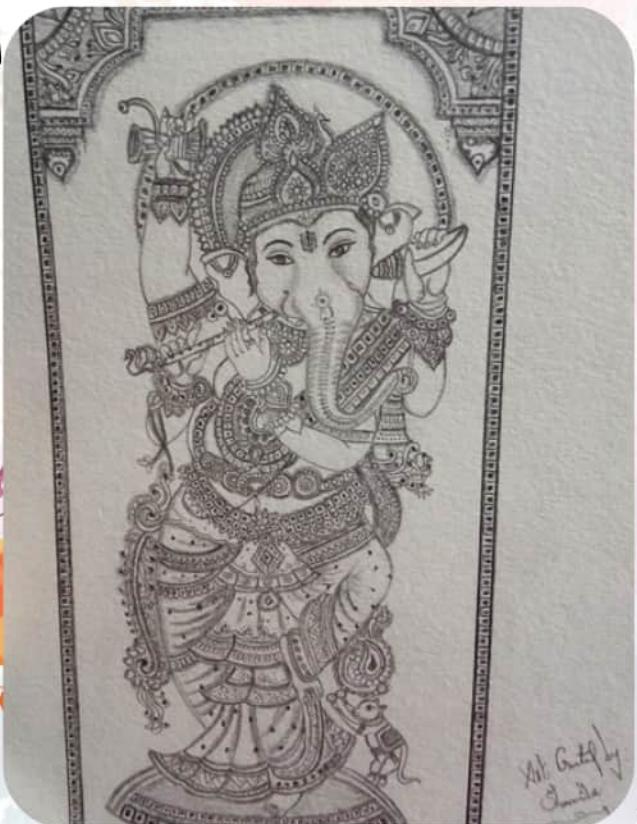
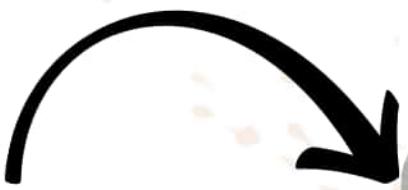
YUVASHREE CHANDRASEKAR

BPT I -C



YUVASHREE S

BPT 1<sup>ST</sup>-C



# DEPICTION



HARSHITHA.B MPT  
1ST YEAR



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

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

3. What is the Full form 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



7. How many blood types are there

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

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

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

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

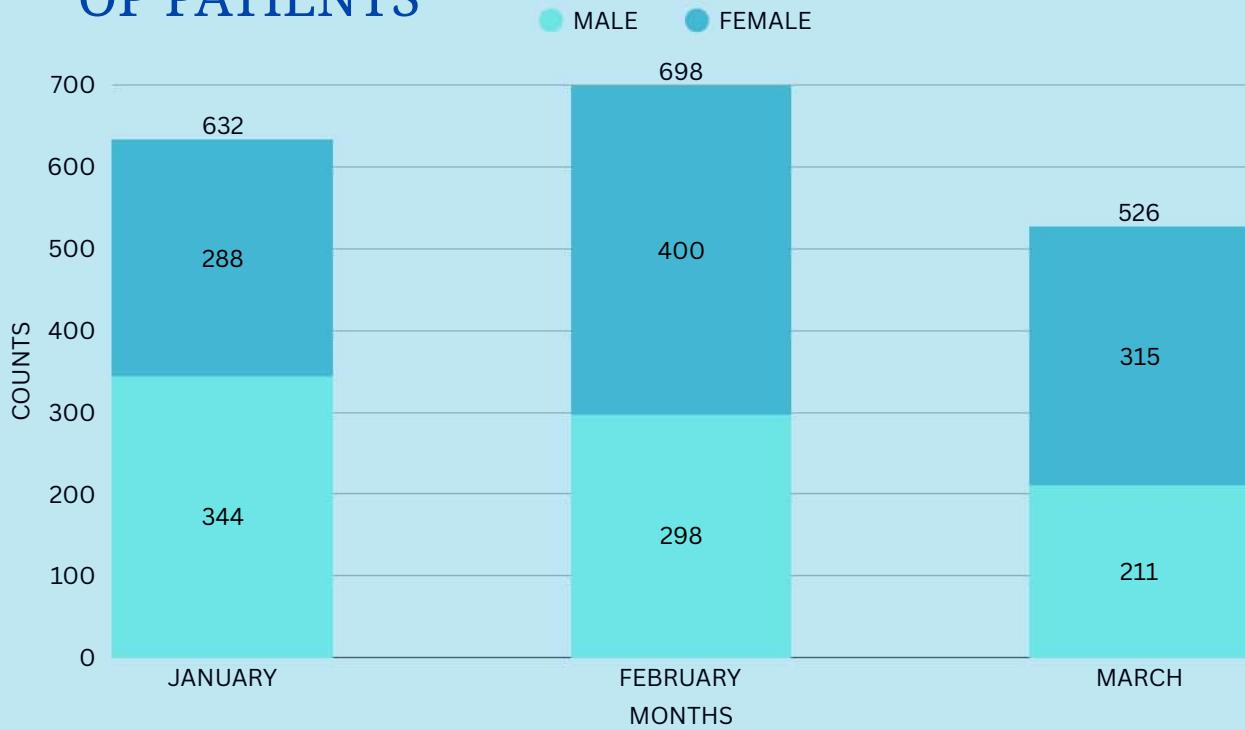
10. A posterior pelvic tilt is commonly caused by tight?

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

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

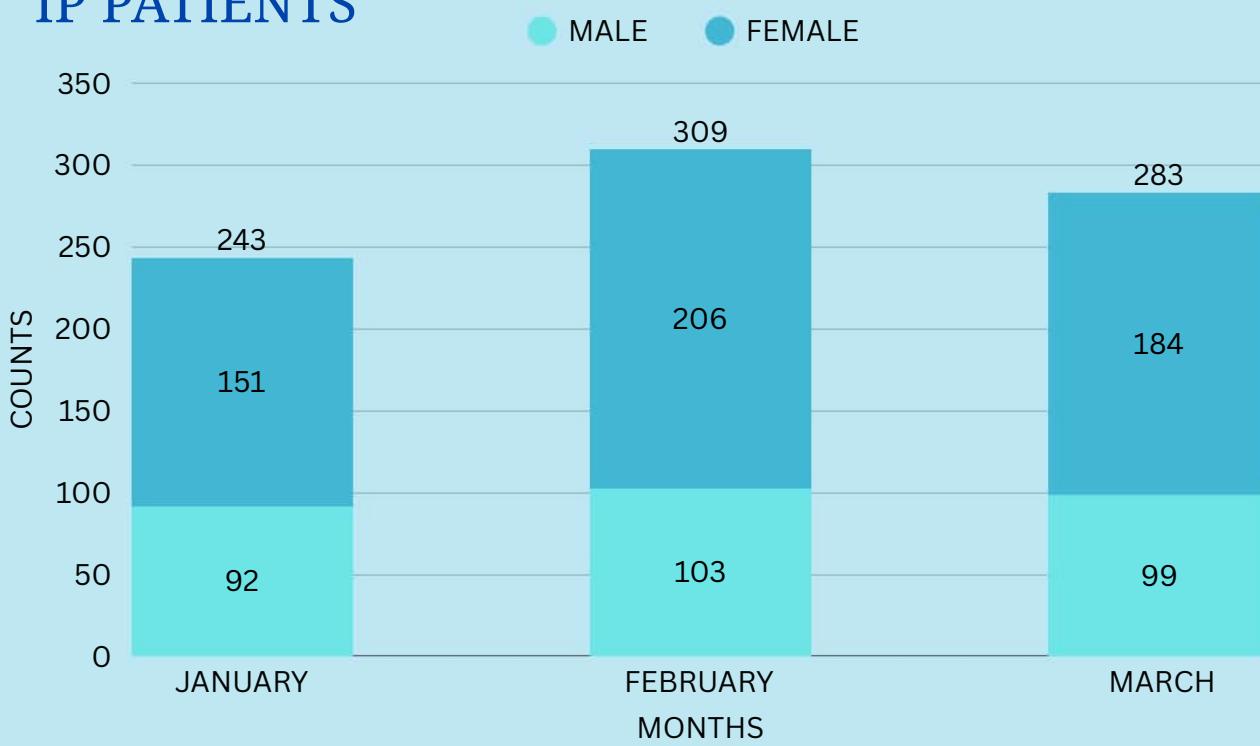
# OUTPATIENT & IN PATIENT STATISTICS

## OP PATIENTS



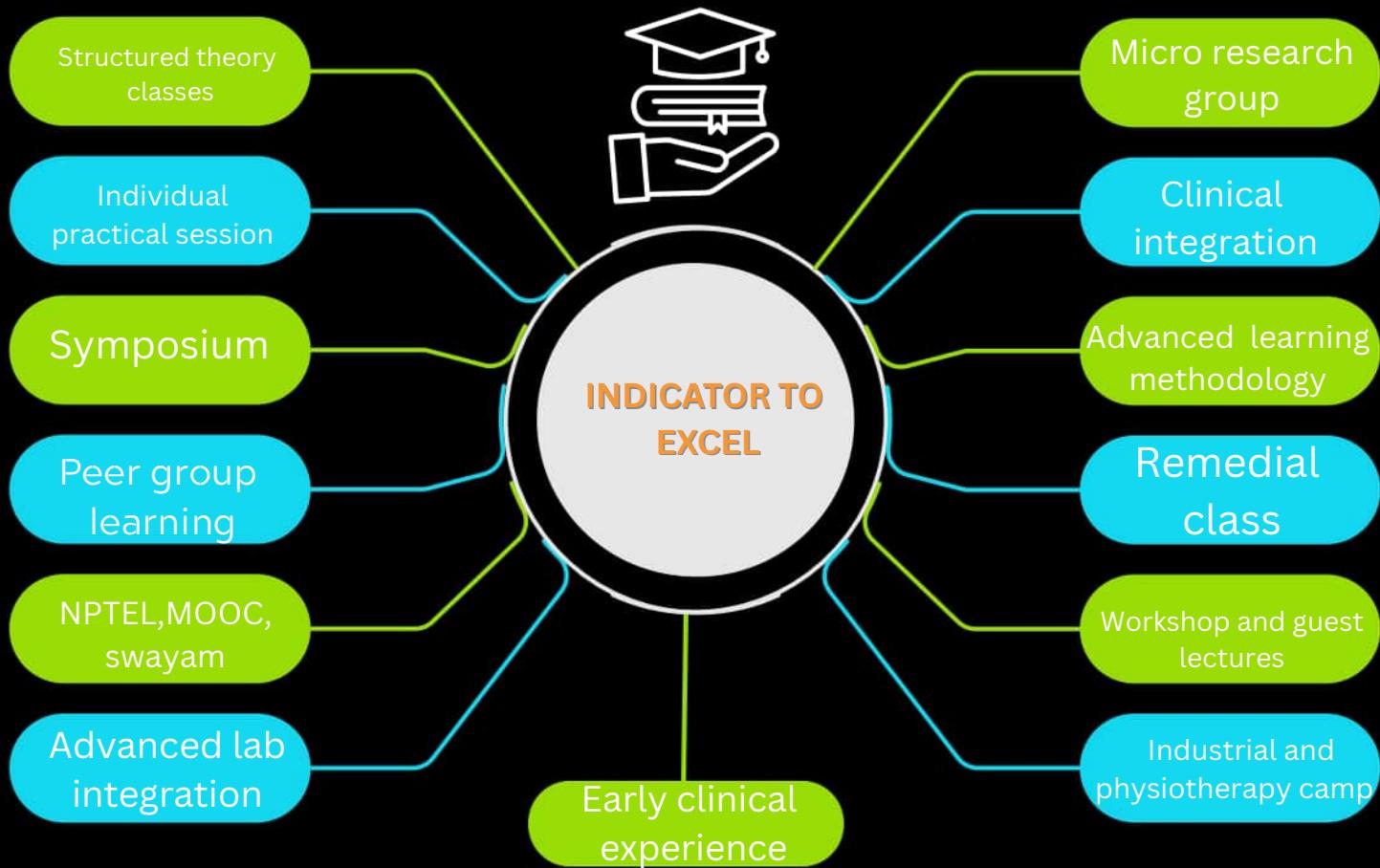
"The ACS Physiotherapy Department's OP/IP statistics reflect a commitment to excellence in patient care, with a significant increase in successful rehabilitation outcomes and patient satisfaction over the past year."

## IP PATIENTS



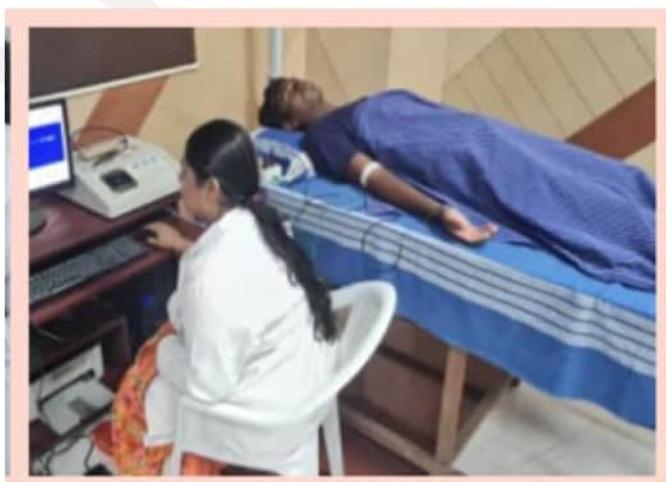


## *Education*





# ADVANCED NEURO REHABILITATION LAB



# OBSTRETICS & GYNAECOLOGY LAB





# MSK

MUSCULOSKELETAL

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*LAB*

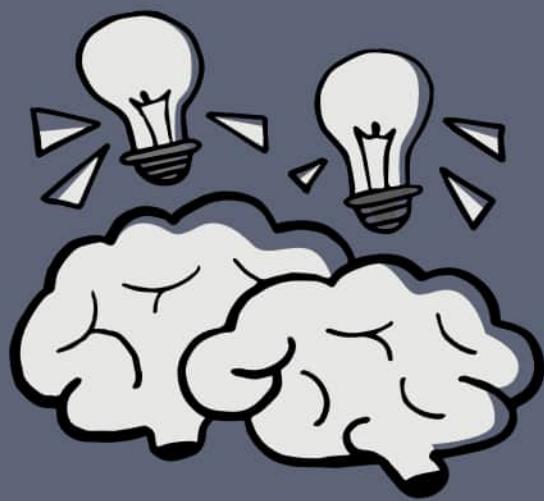




# SPORTS



# BRAIN BUSTERS



# BRAIN BUSTERS WINNERS



**BPT 3rd yr C sec**

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

**TEAM-3**



**BPT 3rd yr B sec**

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

**TEAM-5**



**MPT 1st year**

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

**TEAM-1**



**BPT 3rd yr A sec**

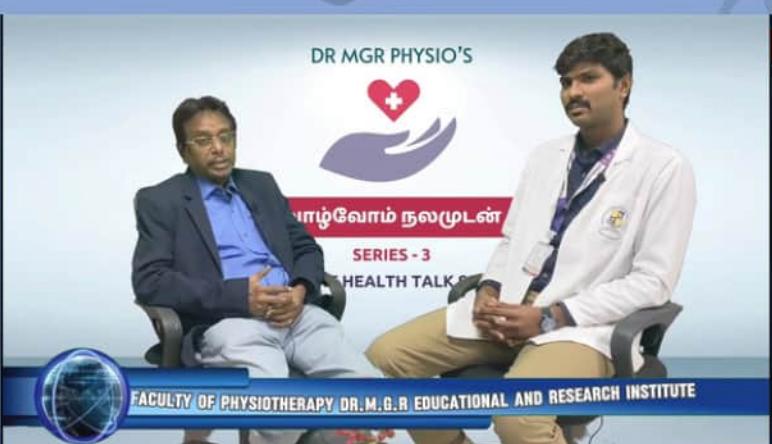
↔  
1.Harshith.D  
2.Kaaviyan raj.D  
3.Srinath.G

**TEAM-13**





# 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.ASHRINT 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



DR MGR PHYSIO'S



வாழ்வோம் நலமுடன்  
SERIES - 3  
EXPERT HEALTH TALK SHOW

## SINUSITIS

Dr. P. ILANGOVAN 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 professorspital

## 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 Educational 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  
ஏசிள்ஸ் மருத்துவக் கல்லூரி மற்றும்  
மருத்துவமனை  
இயன்முறை மருத்துவம்

பூந்தமல்லி உயர் சாலை,  
வேலப்பன்சாவடி, சென்னை-600077  
Ph: 044-26800505

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<https://youtube.com/@DrMGRphysio>  
Website: <https://www.drmgrdu.ac.in>



“உங்கள் குழந்தையின் வாழ்க்கையில் ஒவ்வொரு நாளும் மாற்றத்தை ஏற்படுத்த”

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

இம் மருத்துவம் குழந்தைகளின் வாழ்விளை தரத்தை அறியவும் அவர்களின் மாற்றத்தினை கண்டியவும், டடவில் ஏற்படும் தசை, எலும்பு, நரம்பு மற்றும் மூளை பிரச்சனைகளை கண்டியவும் உதவுகிறது

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

சிறந்த உறுப்பினர்கள் மற்றும் இயன் முறை மருத்துவ சிகிச்சையில் அனைத்து சிறந்த சேவைகளும் இன்கு உள்ளது. சிறந்த அனுபவத்தைக் கொண்ட மருத்துவர்கள் மற்றும் அதிநல்லை தொழில்நுட்பங்கள் மூலம் சிறந்த சிகிச்சை அளிக்கப்படுகின்றது

## குறைபாடுகள்

- மூக்கமுட்குவாதம்
- ரிக்கெட்ஸ் (Rickets)
- டார்டிகோலிஸ்(Torticollis)
- எலும்புறுவில்
- ஆஸ்த்ரமா
- காடுதைப்
- மூத்துநாள்பிறவிக்குறை பாடு (Spina bifida)
- பலும் சினாட்ட்ரோம் (Down Syndrome)
- மனத்துறுக்கம் (Autism)
- இளம்பிள்ளைவாதம்
- தாசாதர்த்தம்படு(Muscular Dystrophy)
- கட்டிடமுருபு(Tumours)
- (ஹைட்ரோகெபாலஸ்) Hydrocephalus
- மூதக் வாதம்
- பிரவி குறைபாடுகள்



## சிகிச்சைகள்

- சமுத்தினப்பவிற்கி
- நெடபைபிற்கி
- பொசுத்தப்பவிற்கி
- கூட்டுச் சுலபத்துறை
- காலமட்டாத்தோற்று
- PNF
- வாழ்பாபமிற்கிமுறை
- மூதகப்பவிற்கி
- விளையாட்டுப்பவிற்கி
- MNRI
- மூப்பிடை தெருபி
- Biofeedback
- மூவிட்டி சிகிச்சை
- உடைர்ச்சி ஒழுக்கியோப்பு சிகிச்சை(sensory integration therapy)



## 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.



### 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



## 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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<https://youtube.com/@DrMGRphysio>  
Website: <https://www.drmgrdu.ac.in>



### 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.



### Treatments Provided

- Neurodevelopmental therapy
- Rood's Approach
- Bobath therapy
- Motor learning
- PNF
- Voigt 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
- Neurosensormotor Reflex





DEEMED TO BE UNIVERSITY

University with Graded Autonomy Status

ISO 9001:2015 Certified Institution

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DEPARTMENT OF CARDIOVASCULAR & PULMONARY  
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ACS MEDICAL COLLEGE AND HOSPITAL CAMPUS

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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

### 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





**FACULTY OF PHYSIOTHERAPY**  
**DEPARTMENT OF SPORTS PHYSIOTHERAPY**  
**ACS MEDICAL COLLEGE AND HOSPITAL CAMPUS**  
 Poonamalle High road, Velappanchavadi, Chennai-600077



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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 sport

### TREATMENT OFFERED

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

# FACULTY OF PHYSIOTHERAPY



## FACULTY OF PHYSIOTHERAPY

### DEPARTMENT OF ORTHOPAEDIC PHYSIOTHERAPY

#### ACS MEDICAL COLLEGE AND HOSPITAL CAMPUS

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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 fascitis



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

24 1k +99



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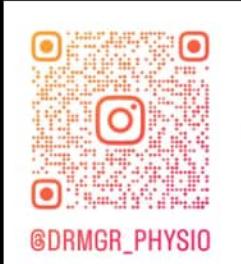
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