

Introduction:

Physiotherapy is the branch of CRC Nagpur to identifying the disability through movement, exercise, Education and advice. Works to develop their physical ability. Reduce the problems which may occur and grow as their body grow.

Services Offered

- (1) Pain ailments like Neck pain, Back Pain, Shoulder pain, Knee pain elbow pain ,Ankle sprain and foot pain etc.,
- (2) Cerebral Palsy
- (3) Stroke and Cerebellar Ataxia
- (4) Parkinsonism
- (5) Spinal Cord Injuries
- (6) Traumatic Brain Injury
- (7) Amputations
- (8) Burns
- (9) Leprosy
- (10) Genetic disorders like Down Syndrome, Dandy walker Syndrome ,Aicardi Syndrome etc.,
- (11) Vertigo
- (12) Muscular Dystrophy
- (13) Myasthenia Gravis
- (14) Cardiopulmonary disorders
- (15) Post-surgical clients
- (16) Obesity

Areas of Physiotherapy:

- (1) Neurology and Neurosurgery
- (2) Orthopaedics and Rheumatology
- (3) Cardiopulmonary
- (4) Paediatrics
- (5) Obstetrics and Gynaecology
- (6) Geriatrics
- (7) Sports
- (8) Fitness
- (9) Community Physiotherapy

(10)Ergonomics

Scope of Physiotherapy:

The Physiotherapist can work in wide range of sectors. They can work both in Private and Government Sector. They can work under the following set ups:

- (1) Private Clinics
- (2) Multispecialty Hospitals
- (3) Special Schools
- (4) Fitness
- (5) Physiotherapy colleges as Tutors/Lecturers ,Assistant and Associate Professors
- (6) Community Based Disability Projects
- (7) Geriatric Homes
- (8) Government and Peripheral Hospitals
- (9) Rehabilitation centres
- (10) Consultants in IT companies (Ergonomic Advisor)

Services in Physiotherapy:

The Physiotherapy largely emphasize on individual based exercise program accompanied by supportive pain relieving electrotherapeutic modalities. The electrotherapeutic modalities includes:

- (1) Short wave diathermy
- (2) Wax therapy
- (3) Interferential therapy
- (4) Transcutaneous electrical stimulation
- (5) Neuromuscular electrical stimulation
- (6) Cryotherapy
- (7) Ultrasound therapy
- (8) Laser therapy

The major physiotherapy techniques includes

- (1) Neurodevelopment therapy
- (2) Brunnstorm Movement Therapy
- (3) Proprioceptive Neuromuscular facilitation
- (4) Motor learning and Motor Relearning techniques
- (5) Constraint Induced Movement therapy
- (6) Bo bath and Rood's approach

- (7) Mirror therapy
- (8) Total and Partial Body weight Treadmill gait training
- (9) Task –oriented approach
- (10) Trigger Point Release therapy
- (11) Hydrotherapy
- (12) Muscle Energy Techniques (METS)