

King George's Medical University U.P. Lucknow

Faculty of Paramedical Sciences



DEPARTMENT OF PHYSICAL MEDICINE AND REHABILITATION

DIPLOMA IN PHYSIOTHERAPY

Nodal Officer- Dr. Arvind Kumar, Assistant Professor

Demonstrator -Mr. Vivek Gupta

Computer Operator -Mr. Rama Shanker Patel

Message

Dr. Arvind Kumar MPT, Ph.D,
Assistant Professor,
Nodal officer Diploma in Physiotherapy



Movement is salient to human life and forms an essential building block of the combined processes of surviving, growing, and evolving. Physiotherapy is the branch of health science which deals with the study of movement and of the processes that can be put in place in order to facilitate and/or restore one's ability to move.

King George's Medical University, Faculty of Para Medical Sciences, Diploma in Physiotherapy has been upholding these processes in various capacities. The Diploma in Physiotherapy renders its services through the outpatient department as well as ICUs and wards in various department thus addressing a wide spectrum of conditions related to Musculoskeletal, Neurological, Neurosurgery, Plastic Surgery, Sports Medicine Cardiopulmonary, Dermatological, Gynecological, and such other systems. Therapy is provided in terms of restoring the primary functions where ever possible and mitigating the secondary complications as part of the short term management. However, the long term objective is to effectively guide the patient through the various stages of recovery and restore him or her to functional normalcy and maximal social participation. We have conducted various camps and awareness programs and have been actively working in this area to have the above goals materialize into tangible results. The primary aim of this institute is to provide quality education as well as practical exposure in physiotherapy to our students, and thus make them adept at the skills of providing exemplary service to the society

As the Nodal officer Diploma of Physiotherapy, I feel privileged to be at the Nodal of the course that consistently engages in research activities thus making sure that learning and upgrading remain a constant accompaniment to the work process..

In keeping with the vision, mission, and goal of our University, the Faculty of Paramedical Sciences and Diploma in Physiotherapy has been determined towards delivering services that cater to the real needs of the society while persistently bolstering the process with advanced technology commensurate with the global standards.

Diploma In Physiotherapy

Batch	Total No. of Seat	No. of Admitted Student
2017-2019	30	13
2019-2021	38	24
2020-2022	38	11

Passed Student List Batch: 2017-19

- | | |
|---------------------|--------------------|
| 1. Varsha Kumari | 9. Aradhna Yadav |
| 2. Neha Chauhan | 10. Akash kushwaha |
| 3. Harshita Pandey | 11. Mohd. Danish |
| 4. Kavitanshu Yadav | 12. Akash Bharti |
| 5. Mahip Kumar | 13. Shivani Singh |
| 6. Priyanka | |
| 7. Shipra Rai | |
| 8. Alka Yadav | |

Student List Batch: 2019-20

- | | | |
|-----------------------------|-----------------------|-----------------------------|
| 1. Aakansha Nayak | 10. Sapna Yadav | 20. Shaheen Fatima |
| 2. Aditya Vikram Singh | 11. Parthiva Patel | 21. Km Neha Khatoon |
| 3. Shivakant Pandey | 12. Manas Rawat | 22. Diksha Kumari |
| 4. Vijay Laxmi Verma | 13. Abhishek Kushwaha | 23. Divya Shukla |
| 5. Purnesh Pratap
Tiwari | 14. Swati Verma | 24. Ashwani Kumar
Gautam |
| 6. Shivam Rai | 15. Deepak Pandey | |
| 7. Shubham Mourya | 16. Jiya Fatima | |
| 8. Km Kiran Singh | 17. Ankit Kumar Nag | |
| 9. Pooja Sharma | 18. Achala Singh | |
| | 19. Km Nandane | |

Posting In Different Department, From – 09:00 AM To 12:00 PM

Sr. No.	Department
1.	Department of Physical Medicine and Rehabilitation
2.	Department of Orthopedic Surgery
3.	Department of Rheumatology
4.	Department of Neurology
5.	Department of Neurosurgery
6.	Department of Plastic surgery
7.	Department of Pediatric Orthopedic
8.	Department of Pediatric
9.	Department of Sport Medicine
10.	Department of Critical Care Unit
11.	Department of Geriatric Mental health
12.	Anesthesia (Pain Clinic)

Departmental Syllabus

SCHEDULE OF COURSE

Subject wise allotment of hours

FIRST YEAR

Theory (780 Hours) Practical (780 Hours)

<u>First Paper Theory</u>	1.General Anatomy & Physiology (Cytology, Histology, Osteology and only basics of all organ systems of body).	235 Hrs
	2.Only basics of relevant Pathology, Pharmacology & Microbiology.	100 Hrs
<u>Second Paper Theory</u>	1.Detailed Anatomy of bones, muscles, joints, nerves of body.	190 Hrs
	2.Basics of exercise therapy, electrotherapy, physics used in physiotherapy, biomechanics & kinesiology.	160 Hrs
	3.Hand hygiene & prevention of cross infection.	15 Hrs
	4.Basic life support (BLS) & Cardio-pulmonary resuscitation (CPR).	10 Hrs
<u>Third Paper Practical</u>	As described in curriculum	780 Hrs
<u>Theory: Other Subjects</u> <small>(These subjects must be taught though there will not be any exam from these)</small>	1.Basic Computer skills.	30 Hrs
	2.Basic English.	30 Hrs
	3.Soft skills like - Interpersonal relationship skills & moral education	10 Hrs

SCHEDULE OF COURSE

Subject wise allotment of hours

SECOND YEAR

Theory (780 Hours) Practical (780 Hours)

<u>First Paper Theory</u>	1.Only relevant surgical & medical conditions (relevant to Physiotherapy but other than Orthopedics and neurological systems).	280 Hrs
	2.Nursing Procedures like vital recording, IM/IV/SC injection, Oxygen therapy, Nebulization, IV infusion.	20 Hrs
<u>Second Paper Theory</u>	1.Physiotherapy in Orthopaedics, Neurological, Medical, Surgical & Sports related conditions.	400 Hrs
	2.Drugs used in Physiotherapy & BLS.	30 Hrs
	3.Basic biomedical engineering physics of machines used in physiotherapy.	50 Hrs
<u>Third Paper Practical</u>	As described in curriculum	780 Hrs

Modified Lecture Schedule

S.No.	Topic		
1	Trial Class	21	Convex Concave Law
2	Introduction of Currents	22	Loose pack & Close Pack Position Joint Congruency
3	Introduction of High Frequency Current	23	Accessory Motion Force
4	Basic of SWD and Principal	24	Muscular system
5	Basic of SWD and Principal	25	Muscle attachments organ
6	Physiological & Therapeutic effect of SWD	26	Muscle
7	Dangers, indication, Contraindication of SWD		Muscle Fiber arrangement Functional characteristics
8	Microwave Diathermy	27	Muscle tissue and length tension relationship in muscle tissue
9	Paraffin wax bath	28	Active and Passive Insufficiency
10	Hot Pack	29	Element of muscle structure
11	Written test	30	Type of muscle contraction
12	Structure of adult long bone	31	Type of muscle contraction
13	Parts of young growing bone	32	Type of muscle work
14	Development/ ossification of bone and blood supply	33	Movement of joint and there signification
15	Cartilage	34	Movement of joint and there signification
16	Biomechanics- Osteokinematics	35	Roll of muscle
17	Arthrokinematics- Arthrokinematic Motion	36	Angle of pull of muscle and its significance
18	Plane and axis	37	Kinetic chains and its significance
19	Degree of Freedom	38	Weight bearing and non-weight bearing exercises
20	Arthrokinematics Motion & its Type	39	Open and closed kinetic chain exercises
		40	Revision of arthrokinematics

41	Introduction of Laser Therapy	61	Pattern of Posture
42	Production of Laser and components of Laser Production	62	Classification of Posture
43	Types of Laser and techniques of application	63	Classification of Posture
44	Dosage parameter and interaction of laser with body tissue	64	Kinetics and Kinematics
45	Physiological effects and therapeutic uses	65	Assessment of Faculty Posture
46	Dosage and contraindication, method of treatment	66	Revision of Posture
47	How to improve immunity against Covid-19	67	Histology of Muscle Tissue-1
48	Method of Application of Laser in Different condition	68	Gravity, gravitational force, center of gravity and line of gravity
49	Revision of Laser	69	Histology of Muscle Tissue-2
50	Cryotherapy	70	Topic- Equilibrium, Base and fixation stabilisation
51	Revision	71	Topic- LEVER and mechanical advantage
52	Revision	72	Bones of upper limb
53	Revision	73	Bones of Lower limb
54	Revision	74	Vertebral Column-1
55	Revision	75	Force and magnitudes of forces
56	Revision	76	Vertebral Column-2
57	biomechanics	77	Vertebral Column I
58	Paper Discussion	78	Types of muscle contraction and range of muscle work
59	Posture	79	Vertebral Column II
60	class of basic physics	80	Muscles of the Upper Limb
		81	Muscles of the Upper Limb-2
		82	Muscles of fore arms
		83	Intrinsic Muscles of Hand
		84	Topic- LEVER and mechanical advantage
		85	Muscles of the Lower Limb
		86	Muscles of the Lower Limb-2

Practical: First Year

- 1. Observing Hands on training on various types of electro-therapies**
 - I. Electrical Stimulation Of Nerve & Muscle
 - II. Methods Of Heating The Tissues
 - III. Ultra Sonic Therapy
 - IV. Ultra-violet Radiation
 - V. Cold Therapy
- 2. Observing Hands on training on various types of exercise therapy such as**
 - I. Passive Movements
 - II. Active Movements
 - III. Various Resisted Exercises
 - IV. Mobilization of joints
 - V. Stretching
 - VI. Massage techniques
 - VII. PNF techniques
 - VIII. Ergonomics
 - IX. Posture /Gait analysis & Correction
- 3. Care of Unconscious patient.**
- 4. Monitoring Temperature (manual)**
- 5. Monitoring Pulse (manual).**
- 6. Monitoring Respiration (manual).**
- 7. Monitoring BP (manual).**

Practical: Second Year

1. Hand on training on various types of electrotherapies

- I. Electrical Stimulation Of Nerve & Muscle
- II. Methods Of Heating The Tissues
- III. Ultra Sonic Therapy
- IV. Ultra-violet Radiation
- V. Cold Therapy

2. Hand on training on various types of exercise therapy such as

- I. Passive Movements
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- III. Various Resisted Exercises
- IV. Mobilization of joints
- V. Stretching
- VI. Massage techniques
- VII. PNF techniques
- VIII. Ergonomics
- IX. Posture /Gait analysis & Correction

3. IM Injection

4. IV Injection

5. SC Injection

6. Use of

Infusion pump

7. Nebulization

Format of Posting Schedule



KING GEORGE'S MEDICAL UNIVERSITY DEPARTMENT OF PHYSICAL MEDICINE & REHABILITATION

Ref. No.:/...../...../2021

Date:.....

To,
The
Head of Department

King George's Medical University, Lucknow.

Through Proper Channel

Subject: Regarding Diploma in Physiotherapy 1st year (Batch: 2019-2020) student's Clinical posting schedule.

Respected Sir,

With Reference to letter no. 375/KGMUPMS/2020, Dated 14.12.2020 (Enclosed) of Dean paramedical the students of Diploma in Physiotherapy 1st year, batch 2019-2021 and 2020-2022 Student Clinical Posting schedule has been proposed from 16 January, 2021 to 15 February 2021 as given below-

Sr. No.	Department	Group	Student's Name
9.	Neurology	A	Deepak Pandey, Achala Singh, Divya Shukla,
10.	Plastic Surgery	B	Parthiv Patel, Swati Verma, Vijay Lakshmi Verma, Jaya Singh
11.	Orthopaedics Surgery	C	Shubham Mourya, Aakanksha Nayak, Km. Neha Khatoon, Jyoti Gupta
12.	Neurosurgery	D	Shivakant Pandey, Shivam Rai, Pooja Sharma, Diksha Kumari
13.	Sport Medicine	E	Purnesh Pratap Tiwari, Kiran Singh, Shaheen Fatima, Utkristha Mishra
14.	Anesthesia (Pain Clinic)	F	Ankit Kumar Nag, Ashwani Kumar Gautam, Jiya Fatima
15.	Pediatric Orthopaedics	G	Aditya Vikaram Singh, Km Nandane, Abhishek Kumar Pandey
16.	Physical Medicine and Rehabilitation	H	Abhishek Kushwaha, Sapna Yadav, Arvind Kumar Chauhan

*Timing-09:00am to 12:00pm

(All above mentioned students are Covid Negative)

Therefore, you are kindly requested to allow them to complete their clinical posting in your department as per schedule.

They are being instructed to:-

5. Reach place of posting at 09:00AM.
6. Follow Covid-19 Protocol, with all precautions at place of work.
7. Help incharge in patient management.
8. Maintain Logbook for patient seen by them and verify by the incharge.

Thanking you.

Copy to: Dean, Faculty of Paramedical Sciences, King George's Medical University, Lucknow.

Yours Sincerely

(Arvind Kumar)
Assistant Professor PT
Nodal Officer, PT Course
DPMR, KGMU, Lucknow



KING GEORGE'S MEDICAL UNIVERSITY DEPARTMENT OF PHYSICAL MEDICINE & REHABILITATION

Ref. No.:/KGMUPMS/DP/2021

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Copy to: Dean, Faculty of Paramedical Sciences, King George's Medical University, Lucknow.

Yours Sincerely

(Arvind Kumar)
Assistant Professor PT
Nodal Officer, PT Course
DPMR, KGMU, Lucknow

Teaching Facility

- Online Lecture due to Covid-19
- Classroom
- Projector
- Seminar rooms
- Drinking water Available

KGMU, Faculty of Postmedical Sciences U.P., Lucknow

Dr. Arvind Kumar MPT, Ph.D, Assist. Professor, Nodal officer PT courses

Completed Ph.D in April of 2021 titled **The effect of task oriented exercises based on ergonomics on adolescent idiopathic scoliosis – Randomized control trial** from department of Orthopedics KGMU under the guidance of Dr. Santosh Kumar Professor, department of Orthopedic Surgery, KGMU.

Publication (National / International)

1. Arvind kumar, Neetesh srivastava, Arun kumar. Role of exercises and postural education in low back pain. Indian journal of physiotherapy and occupational therapy. April- June 2014, Vol-8(2)148-152. DOI: 10.5958/j.0973-5674.8.2.077
2. Arvind Kumar, Santosh Kumar, Vineet Sharma, R.N Srivastava, Anil Gupta, Anit Parihar, Vikas Verma , Dileep Kumar.. Efficacy of Task oriented exercise program based on ergonomics on Cobb's angle and pulmonary function improvement in Adolescent idiopathic scoliosis- A randomized control trial. Journal of Clinical and Diagnostic Research. 2017 Aug, Vol-11(8): YC01-YC04 DOI: 10.7860/JCDR/2017/27497.10335
3. Arvind Kumar, Santosh Kumar, Vikas Verma. Role of postural correction brace along with corrective exercises in improvement of functions and quality of life in adolescent idiopathic scoliosis- randomised controlled trial. J. Evid. Based Med. Healthc. 2016; 3(88), 4813-4818. DOI: 10.18410/jebmh/2016/1014
4. Lalit kumar saini, A K gupta, Arvind kumar. Review etiology and prevention of decubitus ulcer. Paripex- Indian journal of research. Dec- 2018, Vol-7 (12) 14-15. DOI:10.15373/22501991

Additional training

1. Training in Basic Life Support Course approved by American heart association in march 2015 at KGMU Lucknow.
2. Workshop on Medical Writing in April 2015 at KGMU Lucknow.
3. Workshop on Clinical Epidemiology in 2015 at KGMU Lucknow.
4. Workshop on Biostatistics In Medical Research & Practice in feb 2012 at KGMU Lucknow.

Conference/Workshop Attended

1. Attended National Workshop On Diabetic Foot Care At S.G.P.G.I Lucknow In June 2009.
2. Attended Annual Conference Of Indian Association Of Physiotherapists At New Delhi In March 2012.
3. Attended International Conference On Cerebral Palsy & Developmental Medicine At Lucknow In March 2013.
4. Attended Annual Conference Of Neurosciences Society Of Up At K.G.M.U Lucknow In March 2013.
5. Attended National Workshop On Use Of Recent Advances And Technologies To Enhance Functional Ability In Developmental Disorders At S.G.P.G.I. Lucknow In July 2013.

Demonstrator – VIVEK GUPTA

BPT, MPT (MSD)

BPT from Sikkim Manipal University,

MPT (MSD) Hemwati Nandan Bahuguna Garhwal University.

Fellowship on Instrument Assisted Soft Tissue Mobilization,

Fellowship on Assorted Cupping Therapy,

Certificate in Manual Therapy,

Certificate in Dry Needling.

State co-coordinator in Movement Maestro Academy & Global Healthcare Association,

Executive member of (Uttar Pradesh) in the State Executive Board of Global Association of Physiotherapy.

Member of Indian Association of Physiotherapists,

Member of Global Association of Physiotherapy,

Member of Manual Therapy Foundation of India,

Life Associate member of Red Cross Society,

Member Institute of Clinical Learning and Research,

Member of Global Outreach Medical Health Association.

Additional Work

1. **“Significant Service Award” in 2nd national conference of physiotherapy organized by The Indian Association of Physiotherapist Lucknow. branch & Lucknow Physiotherapist association (Dated 25 November 2018).**
2. **Resource person in hands on session on Cervical Spine Diagnostic Criteria And Physiotherapy Management by Prayas Physiotherapy Services at Department of Physiotherapy in Apollo Medics Super Specialty Hospital on 15 September 2019.**
3. **“Emerging Physio Award” in 2nd Educational Expo and national conference for physiotherapists organized by The Sam Higginbottom University of Agriculture Technology & Sciences in association with Purvanchal-2 Physiocon-2019 (29th – 30th November 2019).**
4. **“Awarded by Movement Maestro Healthcare award -2020”, Dated 10 September 2020 by Movement Maestro Academy and Global Healthcare Association.**
5. **“Awarded as Academic Maestro Award -2020”, Dated 29 December 2020 by Movement Maestro Academy and Global Healthcare Association.**
6. **“Chair Person in Scientific Session” in 2nd Educational Expo and national conference for physiotherapists organized by The Sam Higginbottom University of Agriculture Technology & Sciences in association with Purvanchal -2 Physiocon-2019 (29th – 30th nov 2019).**
7. **Resource person in 'Mega Session of Biomechanics 2020 – online live lecture session' conducted by movement maestro academy & global healthcare association, Odisha. On the topic “Cervical Spine Diagnostic Criteria and Management” Category resource person date: 06 September 2020**
8. **Resource person in 'World physiotherapy day 2020 - live lecture session' conducted by movement maestro academy & global healthcare association, Odisha. Topic “House Hold Ergonomics” Category resource person date: 08 September 2020 {05: learning hours}**
9. **State Level Training Faculty in Infection Prevention and Control in “Covid -19 Training” in KGMU UP, Lucknow.**

Article published in Politico Healthtech Magazine 2009 In June 2009 addition page no 16-17.

मधुमेह नियन्त्रण फिजियोथेरेपी के द्वारा

नियमित व्यायाम के द्वारा मधुमेह को नियन्त्रित किया जा सकता है, जिससे मधुमेह के बाद के दुष्प्रभाव व खतरों को कम किया जा सके। आमतौर पर यह देखा गया है कि व्यायाम के बाद रक्त में शर्करा (ग्लूकोज) का लेवल 20% कम हो जाता है।

व्यायाम कैसे मदद कर सकता है ?
उपयुक्त आहार के साथ ऐरोबिक शरीर की वसा को कम करके इन्सुलिन की सेन्सिटिविटी को बढ़ा सकती है और शर्करा के मेटाबोलिज्म को पुनः नियमित कर देती है।

कौन कर सकता है व्यायाम ?
अपने डॉक्टर की सलाह एवं फिजियोथेरेपिस्ट की देखरेख में एवं उचित जाँचें करवा कर मधुमेह पीड़ित व्यायाम कर सकते हैं। सामान्य मधुमेह पीड़ितों को निम्न बातों का ध्यान रखकर ही व्यायाम करना चाहिए—

- रक्त में शर्करा की मात्रा 250 मि. ग्रा. प्रति डेसी.ली. से कम हो।
- जिन पीड़ितों में रेटिनोपैथी (आँखों की रक्त वाहिकाओं की क्षति) न्यूरोपैथी (हाथ पैरों में तंत्रिकाओं की क्षति) नेफ्रोपैथी (गुर्दे की क्षति) के लक्षण न दिखाई देते हों।
- हृदय की बीमारी (एन्जाइना, इन्फार्मिड) के लक्षण न हों
- अन्य अवस्थाएँ जिनमें व्यायाम न किया जा सके।

पैरों की देखभाल—

मधुमेह पीड़ितों को व्यायाम करते समय अपने पैरों की समुचित देखभाल करनी चाहिये। ऐसे रोगियों में पैर का एक छाला गम्भीर संक्रमण की समस्या उत्पन्न कर सकता है। मधुमेह पीड़ितों को अपने पैरों की नियमित सफाई करनी चाहिये। व्यायाम करते समय सही आकार एवं आरामदायक जूते एवं मोजे पहनने चाहिये। ऐसे मोजे एवं जूते नही पहनना चाहिये जो अधिक पसीना उत्पन्न करें।

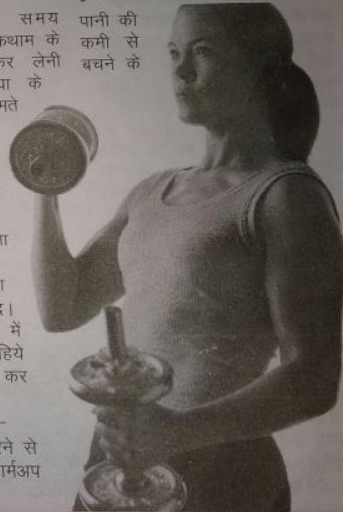
व्यायाम करते समय हाईपोग्लाइसीमिया की रोकथाम के लिए उचित व्यवस्था कर लेनी चाहिये। हाईपोग्लाइसीमिया के लक्षण इस प्रकार हो सकते हैं—

- शरीर में कपकपाहट होना
- हृदय गति का बढ़ा होना
- अत्यधिक पसीना निकलना
- अत्यधिक भूख लगना
- सिरदर्द, आलस आदि।

इन स्थितियों में व्यायाम नहीं करना चाहिये

- तथा तुरन्त उचित उपाय कर लेने चाहिये।
- व्यायाम के लिये टिप्स—**
 - व्यायाम शुरू करने से पहले 5-10 मिनट का वार्मअप जरूर करना चाहिये।

- व्यायाम के बाद हल्का तथा शरीर को आराम देने वाला व्यायाम करना चाहिये।
- (उपयुक्त दोनों बातों को ध्यान में रखने से हृदय सम्बन्धित बीमारियों का एवं आंतरिक एवं बाहर चोटों को कम किया जा सकता है।
- घर से दूर तथा बहुत गर्म जगहों या ऐसी जगहों जहाँ पर आर्दता ज्यादा हो व्यायाम नहीं करना चाहिये।
- पानी की कमी से बचने के



Medical Science

लिए व्यायाम से पहले एवं बाद में एक छोटा गिलास ठण्डे पानी का पिया जा सकता है।

- आधे घण्टे से अधिक व्यायाम की अवधि में बीच में भी पानी पिया जा सकता है।
- हृदय सम्बन्धित खतरों एवं लक्षणों की पहचान होना आवश्यक है (छाती, भुजा एवं जबड़ों में दर्द मिचली, सासों की मात्रा का कम होना आदि)

याद रखें संतुलित आहार के साथ समुचित व्यायाम द्वारा शरीर में शर्करा की मात्रा एवं मेटाबोलिज्म को संतुलित किया जा सकता है। जिसके फलस्वरूप हृदय सम्बन्धित बीमारियों एवं उच्च रक्त चाप से बचा जा सकता है।

मधुमेह रोगियों के लिए व्यायाम—

ऐरोबिक्स—जैसा की आमतौर पर देखा जाता है कि मधुमेह पीड़ित व्यक्ति आलसी एवं मोटा हो जाता है। ऐसे व्यक्तियों को धीरे धीरे अपने व्यायाम को बढ़ाना चाहिये। ऐसे व्यक्तियों को टहलना चाहिये या स्थिर साइकिल का प्रयोग करना चाहिये साथ ही पर्याप्त मात्रा में वजन कम करने वाले व्यायाम चुनने चाहिये।

ऐसे व्यक्तियों को एक सप्ताह में 5-6 बार व्यायाम करना चाहिये और एक बार में 50-60 मिनट का समय लेना चाहिये। जो व्यक्ति पहले से व्यायाम नहीं कर रहे हों उन्हें प्रतिदिन 10-15 मिनट

ही व्यायाम करना चाहिये।

स्ट्रेन्थ ट्रेनिंग—जिन मधुमेह पीड़ितों को अन्य समस्याएँ जैसे जोड़ों में दर्द, कन्धों का दर्द, पीठ दर्द न हो उन्हें स्ट्रेन्थ ट्रेनिंग करनी चाहिये। ये बहुत सहायक होती हैं। इसके द्वारा दुबले पतले एवं मोटे दोनों ही अपने आप को फिट कर सकते हैं और स्ट्रेन्थ ट्रेनिंग मांस पेशियों के संरक्षण को नियमित कर



देती है। व्यक्ति विशेष के अनुसार, समय एवं उसकी आवश्यकता को देखते हुए स्ट्रेन्थ ट्रेनिंग का फायदा

सकता है।

मधुमेह को व्यायाम द्वारा नियन्त्रित करने हेतु टिप्स—

- सुबह की सैर के लिए कोई दोस्त या रिश्तेदार चुन लें जो आप के साथ जा सके ताकि आप नियमित रहें।
- अपने व्यायाम को नियमित बनायें एवं कुछ समय या दिन व्यायाम में हर सप्ताह बढ़ाते जायें। एक बार में अधिक व्यायाम से बचें।
- हो सके तो आधे घण्टे नियमित सुबह ही सैर पर निकलें और अपने जरूरी व्यायाम सुबह ही कर लें।
- सैर करते वक्त कुछ हल्के वजन (1/2 किलो तक) हाथों में पकड़े जा सकते हैं, इससे आप की पीठ और भुजाओं में ताकत आयेगी। (यदि हाथों या पीठ में दर्द हो तो ऐसा न करें)
- व्यायाम से पहले एवं बाद में रक्त में शर्करा की जाँच अवश्य करें।
- उपर्युक्त सभी व्यायाम टाईप-2 मधुमेह (नान इन्सुलिन डिपेन्डेंट, डायबिटीज मेलाइटस) पीड़ितों के लिए हैं।

• टाईप-1 वाले मधुमेह (इन्सुलिन डिपेन्डेंट डायबिटीज मेलाइटस) पीड़ितों को डॉक्टर एवं फिजियोथेरेपिस्ट की समुचित देखरेख में ही व्यायाम करना चाहिये।

डा0 विवेक गुप्त

बी.पी.टी., एम.पी.टी. (ऑर्थो.)
(लेखक नील नर्सिंग होम के फिजियोथेरेपी विभाग में कार्यरत हैं।)

“Significant Service Award” in 2nd national conference of Physiotherapy organized by The Indian Association of Physiotherapist Lucknow branch & Lucknow Physiotherapist association (dated 25 nov 2018).



Given hands on session on **Cervical Spine Diagnostic Criteria And Physiotherapy Management** by Prayas Physiotherapy Services at Department of Physiotherapy in Apollo Medics Super Specialty Hospital on 15 September 2019.



Invited as a guest in orientation day of SIPS Educational Group Lucknow on 22 September 2019



250 patient were treated by Neuro physician Dr. Rohit Rao Puskar & Dr. Vivek Gupta Physio in free camp at Regain Physiotherapy and sports injury clinic Raibareilly, Dated 20th October 2019.in out reach program.

निःशुल्क स्वास्थ्य शिविर में उमड़े मरीज

कैंप

रायबरेली | हिन्दुस्तान संवाद

रविवार को रीगेन फिजियोथेरेपी स्पेट्स इंजरी क्लिनिक पर न्यूरो शिविर का आयोजन किया गया। शिविर में 250 मरीजों के निःशुल्क परामर्श देकर दवा का वितरण किया गया।

शिविर में लखनऊ के न्यूरोलाजिस्ट डा. रोहित राव पुष्कर ने मरीजों के अलावा नर्सों, सिर दर्द, मांसपेशियों की कमजोरी आदि के मरीज देखे गए। केजीएमयू से आए सीनियर फिजियोथेरेपिस्ट डाक्टर विवेक गुप्ता ने हड्डियों जोड़ों मांसपेशियों के दर्द और अकड़न के मरीजों की फिजियोथेरेपी के द्वारा स्वस्थ रहने



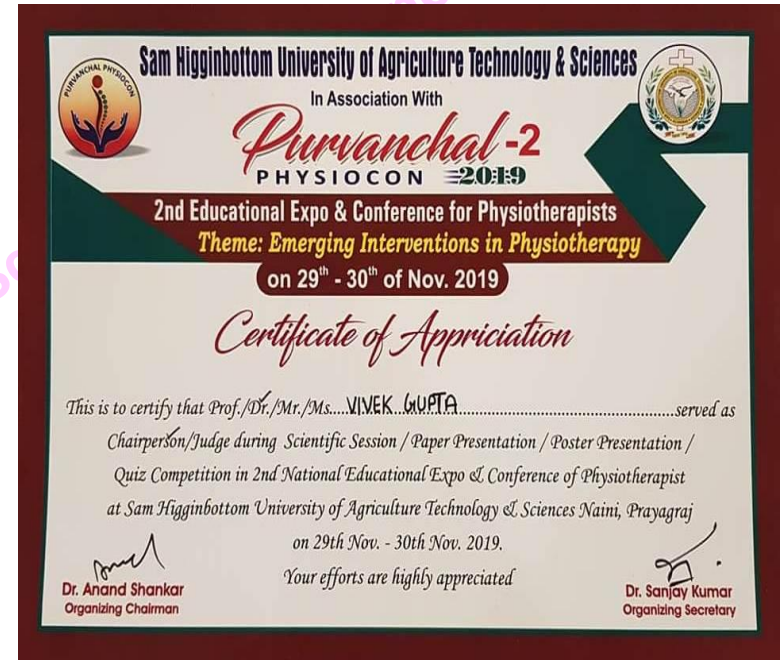
रविवार को इंजरी क्लिनिक पर आयोजित न्यूरो शिविर में रोगी से बात करते डाक्टर

के उपाए बताएं गए। शिविर का आयोजन शहर के वरिष्ठ फिजियोथेरेपिस्ट डाक्टर प्रदीप वर्मा के द्वारा किया गया।

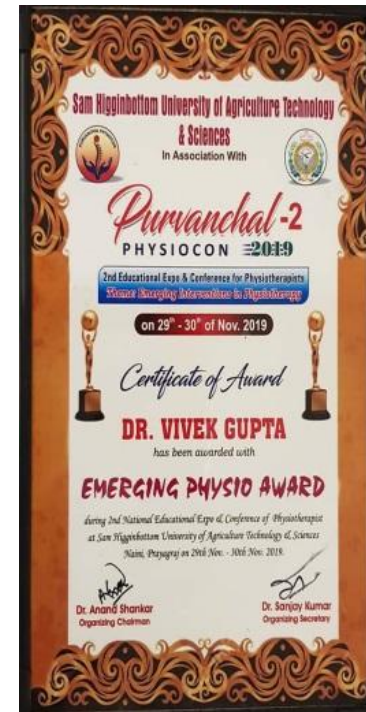
इस अवसर पर क्लिनिक पर फिजियोथेरेपिस्ट डा. सीमा, निधी, धर्मराज, गहल, मोहम्मद गौस और फार्मासिस्ट योगेश मिश्रा मौजूद रहे।



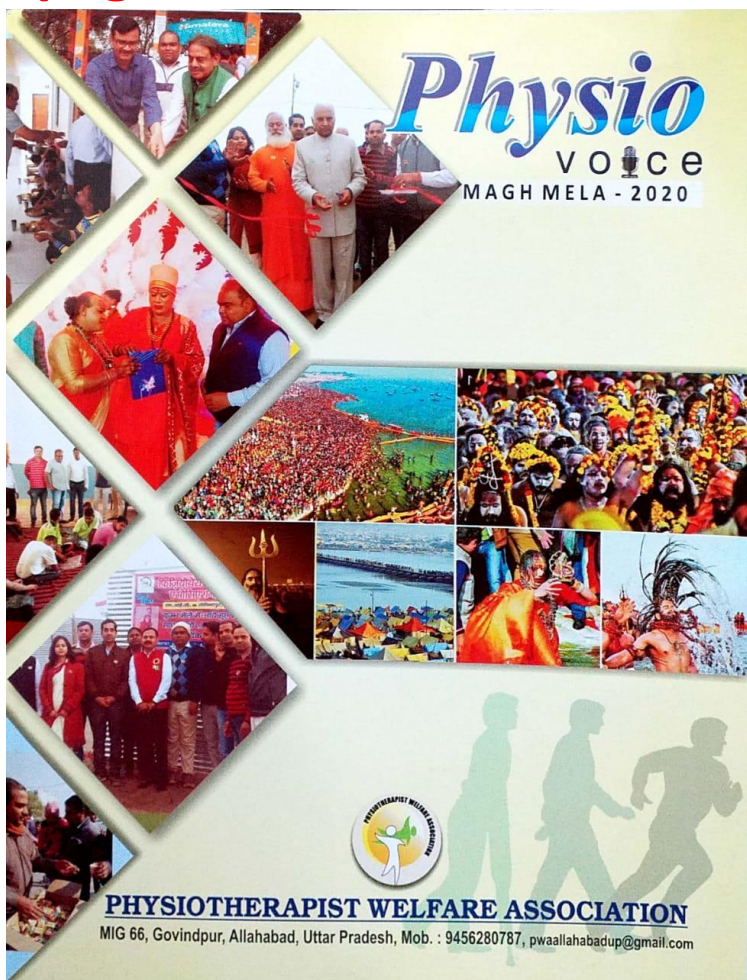
Served as chairperson in scientific session in Purvanchal-2 Physiocon 2019 (2nd Educational Expo & conference for Physiotherapists organized by Sam Higginbottom University of Agriculture Technology & Sciences on 29th – 30th of November 2019 in Naini, Prayagraj.



Awarded with Emerging Physio Award in 2nd National educational Expo & Conference for physiotherapists at Sam Higginbottom University of Agriculture Technology & Sciences on 29th – 30th of November 2019 in Naini, Prayagraj.



Article published in Physio Voice Magazine 2020 titled 'Heel Pain and Planter Fasciitis'. In January 2020 addition page no 26.



**Physio
voice**
MAGH MELA - 2020

PHYSIOTHERAPIST WELFARE ASSOCIATION
MIG 66, Govindpur, Allahabad, Uttar Pradesh, Mob. : 9456280787, pwaallahabadup@gmail.com

Physio Voice-2020

Heel pain and plantar fasciitis




DR Vivek Gupta (PT)
BPT MPT (ORTHO)
LAP L - 34673
Teaching Faculty King George Medical University
Director Ratore Physiotherapy And Sports Injury Clinic Lucknow
Former Senior Physiotherapist Neera Hospital Lucknow
Former Senior Physiotherapist Apollo Medical Hospital Lucknow
Contact - Ph - 9415026500, Email id - vg@lmyn@gmail.com


Heel pain and plantar fasciitis are the most common complaints seen. As many sufferers know heel pain can most certainly affect a patient's quality of life. A frequently diagnosed condition for those suffering from heel pain is plantar fasciitis.

The plantar fascia the flat band of tissue that connects the heel bone to the toes and supports the arch of the foot can become strained weakened swollen and irritated. Heel pain or fasciitis is usually a sharp sticking pain in the bottom of the heel. This pain may radiate to the back or outside of the heel as well and can present with heel swelling. Most people with plantar fasciitis have pain when they take their first steps after getting out of bed in the morning or after sitting for extended periods of time.

In most instances heel pain or fasciitis is an overuse injury. However sometimes heel pain is caused by bone injury bone spur nerve injury or irritation muscle tightness or neuropathy. As odd as they may seem some often overlooked causes of heel pain are low back injury arthritis or disc injury.



Why does heel pain happen?
Awkward landings which may cause trauma erratic bone growth or muscle strain are all things that can cause heel pain. The most common source of heel pain can be thought of more as a repetitive motion injury. How we walk (our gait) and more importantly what we are wearing on our feet combine with life's daily activities to damage our heels and their structurally supportive network of tissue. The average person may feel a strain on the plantar fascia when they begin routinely performing a new activity or add on extra hours at work. Anything that keeps a person upright and on his or her feet for longer than normal can lead to this painful response. Another major factor is shoes with poor support. Bare feet soft soled shoes or poor insoles



usually aggravate the condition.

What can be done?
X-rays are the first imaging test to be performed for heel pain and plantar fasciitis. Over 90% of the time the treatment for fasciitis is a conservative approach. Home treatments like rest, icing, and using braces and anti-inflammatory drugs are often the first ways to treat plantar fasciitis. If those don't ease the pain, an injection of a corticosteroid directly into the damaged section of the ligament can help. Physical therapy is a key part of treatment for plantar fasciitis. It can help stretch your plantar fascia and Achilles tendons. Your physiotherapist can show you exercises to strengthen your lower leg muscles, helping to stabilize your walk and lessen the workload on your plantar fascia. Supportive shoes or a smaller heel on shoes will usually improve symptoms. In rare cases fasciitis can be resistant to treatment and may require increased visits or surgery.

Physiotherapist Welfare Association

26

Article in physio voice magazine 2020

Chairperson in scientific session in national conference on physiotherapy 'Physiocon 2020' "Renovation and Innovation for an independent practice" for Physiotherapists organized by Indian Association of Physiotherapist at Scientific Convention Center, KGMU, Lucknow on 18th & 19th of January 2020.



Organizer of national conference on physiotherapy 'Physiocon 2020' "Renovation and Innovation for an independent practice" for Physiotherapists organized by Indian Association of Physiotherapist at Scientific Convention Center, KGMU, Lucknow on 18th & 19th of January 2020

फिजियोथेरेपी की भूमिका अहम

फिजियोकॉन

लखनऊ | निज संवाददाता

मरीजों को पुनर्वास कराने में फिजियोथेरेपी का अहम योगदान होता है। सिर्फ दिव्यांगता ही नहीं बल्कि कई प्रकार के ऑपरेशन के बाद भी मरीज को फिजियोथेरेपिस्ट की सहायता लेनी पड़ती है, जिससे वह पूरी तरह से स्वस्थ और दुरुस्त हो सके। यह बात पीजीआई आईसीयू के फिजियोथेरेपिस्ट राजेंद्र कुमार ने शनिवार को कही।

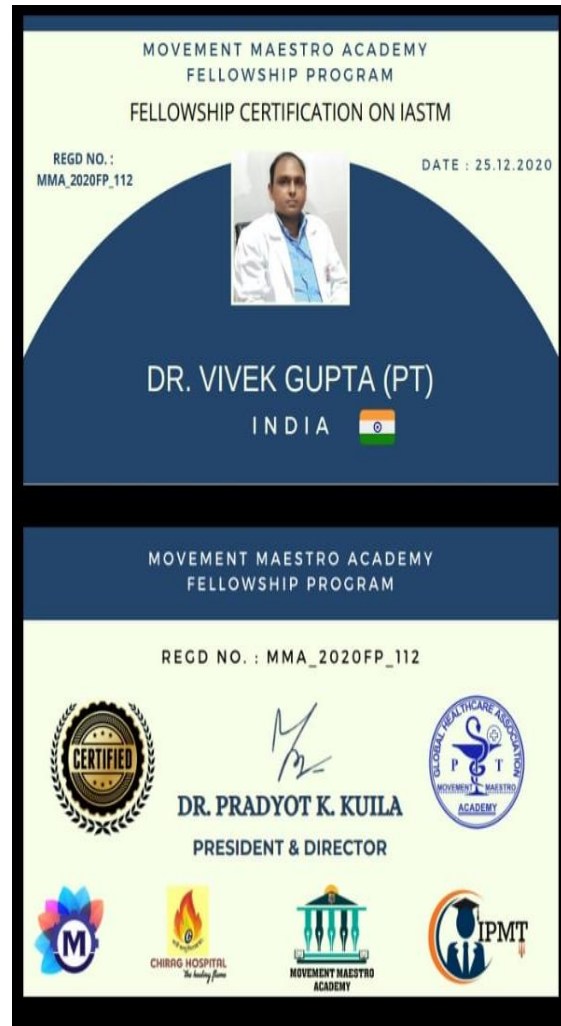
केजीएमयू के अटल बिहारी

वाजपेयी कन्वेंशन सेंटर परिसर में शनिवार को दो दिवसीय नेशनल कांफ्रेंस ऑन फिजियोथेरेपी फिजियोकॉन 2020 का शुरुआत हुई। इसका शुभारंभ केजीएमयू कुलपति डॉ. एमएलबी भट्ट, बिहार से एनके सिन्हा, एम्स दिल्ली से प्रभात रंजन, पीजीआई के राजेंद्र कुमार, फिजियोथेरेपी संगठन के आयोजक सचिव डीके मिश्रा, कोषाध्यक्ष अनुरुद्ध कुमार पटेल आदि ने दीप प्रज्वलित कर किया। डॉ. भट्ट ने बताया कि हाल में ही राज्यपाल ने गुजरात से एक फिजियोथेरेपिस्ट को बुलाकर इलाज करवाया था।

फिजियोथेरेपिस्ट काउंसिल गठित करने की मांग

फिजियोथेरेपिस्ट रवींद्र कुमार और विवेक गुप्ता ने कहा कि संगठन लंबे समय से फिजियोथेरेपिस्ट की काउंसिल का गठन करने की मांग कर रहे हैं। मांग है कि पैरामेडिकल की नियमावली से उन लोगों को अलग किया जाए। जिस तरह से डेंटल काउंसिल, फार्मसी काउंसिल है। उसी तरह से राज्य और केंद्र में फिजियोथेरेपिस्ट काउंसिल का गठन कर अधिकार व नियमावली बनाई जाए।

Fellowship Program on “Instrument Assisted Soft Tissue manipulation” from Movement Maestro Academy, Odisha, regd no MMA_2020FP.



Perusing fellowship Program on “Assorted Cupping Therapy Program from Movement Maestro Academy, Odisha, redg no MMA_CT/FP2020006.

ADMIT CARD

FELLOWSHIP CERTIFICATION ON ASSORTED CUPPING THERAPY PROGRAM

DR. VIVEK GUPTA (PT)

REGD NO : MMA_CT/FP_2020006

DATE : 25 . 12 . 2020

GLOBAL HEALTHCARE ASSOCIATION

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DR. PRADYOT K. KUILA

PRESIDENT & DIRECTOR

MMA-GHA

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- Practical/Demonstration Classes
- Clinical Orientation
- Oral/Written/Practical test

KGMU, Faculty of Paramedical Sciences U.P., Lucknow

Practical/Posting/Demonstration





Workshop in Integral Univ



Links

- <https://goo.gl/maps/ubHJdr9gkDYg4Z3UA> (Teaching Block Kalam Centre)
- <https://goo.gl/maps/FxhAtrat76bGxw1FA> (Administrative Block)
- <https://goo.gl/maps/U3Px1XR5YHCKjHqy5> (Cafeteria)
- <https://goo.gl/maps/QZ9s9xnvSiVMJXyi7> (Brown Hall KGMU)
- <https://goo.gl/maps/9v44B1DRmSzpbDww8> (Atal Bihari Vajpayee Convention Centre)
- <https://goo.gl/maps/i7mB1CFGDoChcv41A> (Department Of Pathology)
- <https://goo.gl/maps/xCoMkR5eN8qAPrat7> (Department Of Microbiology)
- <https://goo.gl/maps/GVFrVfMryLVxsL7k7> (Gandhiward KGMU)
- <https://goo.gl/maps/85kwouaPsGd2HEim6> (Department Of General Surgery)
- <https://goo.gl/maps/TvExugsrAZ7GFRSPA> (Lari Cardiology)
- <https://goo.gl/maps/ziERanEDFtr8Kg1W8> (Radio diagnosis)
- <https://goo.gl/maps/KdU3Gh9DaLZzhfzc7> (Ophthalmology)

Links-

<https://goo.gl/maps/FwyfWSYgmPQk8EiS9> -(Shatabdi Phase2)

<https://goo.gl/maps/YRtaDMRfbPPVSpdr9> -(Trauma Centre)

<https://goo.gl/maps/cKyynmZSJFccZWZ49> -(Shatabdi DBTT)

<https://goo.gl/maps/B3ejYAaUyyHrBbDX6> -(Sp Ground)

<https://goo.gl/maps/VWmLjbKuugaexKAP8> (Department Of Community Medicine)

<https://goo.gl/maps/S7yCAfHKdUx57bV19> (Department Of Physical Medicine And Rehabilitation)

<https://goo.gl/maps/C3BmB2gU1oYLjAQR7> (Department Of Anatomy)