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PHYSIO FORUM

ANNUALLY PUBLISHED PHYSIOTHERAPY NEWSLETTER

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OSTEOPATHY WORKSHOP

SCHOOL OF PHYSIOTHERAPY

School of Physiotherapy has organized hands on workshop on "Osteopathy" in collaboration with Rajkot Physiotherapy Association (RPA) at RK University Campus, Rajkot, on 5th & 6th August 2017. Dr. Jaswinder Singh, DOPT, Kota, Rajasthan was an expert for the Workshop and more than 35 clinical physiotherapists, PG scholars were participated. Workshop was mainly focused on various osteopathic assessment and treatment techniques for derangements of cervical, lumbar and sacroiliac spinal region. Post Graduate students and Faculty of school of Physiotherapy has taken keen interest in successful conduct of the Workshop.

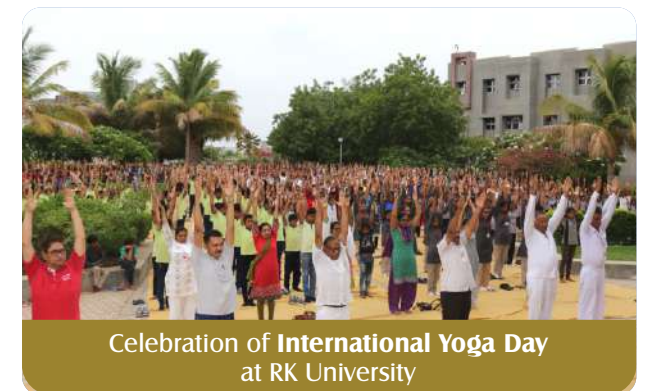


Glimpse from 11th Gujstate Conphyics, Ahmedabad



DRY NEEDLING WORKSHOP

School of Physiotherapy, RK University, Organized "Systemic Dry Needling Workshop" on 16th & 17th April, 2017 for PG students. Resource Person for workshop was Dr. Pratik Gohil (MPT. Ortho & sports Rehab), who is dry needling & pain management practitioner and manual therapy practitioner at Akshar physiotherapy clinic, Vadodara.



Celebration of International Yoga Day at RK University

MONTHLY MEET OF RAJKOT KNEE CLUB

"Rajkot Knee Club" managed by School of Physiotherapy, RK University (RKU) organizes monthly meet for their members on 3rd Saturday of every month, between 04:00 to 06:00 pm at RK Physiotherapy and Rehabilitation Research Centre, Bhaktinagar Circle, Rajkot. We have more than 30 active members in the club who will get benefited with the monthly activities and Discussion People interested to join this group are welcome for free membership and get involved in various activities during these meets.



HANDS ON WORKSHOP ON MUSCLE ENERGY TECHNIQUE (MET) & MYOFASCIAL RELEASE TECHNIQUE (MFR)

BY DR. ANKUR PAREKH

School of Physiotherapy, RKUniversity, Organized a hands on workshop on Muscle energy technique (MET) and Myofascial Release Technique (MFR) at RK Physiotherapy and Research Rehabilitation Center, Rajkot on 21st January 2018 for PG Students. Eighteen PG students and one Faculty of SPT participated in this workshop



CARDIO - PULMONARY ASSESSMENT CONDUCTED AS A PART OF WORLD HEART DAY CELEBRATION



SEMINAR ON "PHYSIO CAN" BY
DR.HIREN PATEL (M.P.T. Ortho And Sports,
Founder Of HMPC Physiotherapy
clinic, Sports Physiotherapist of 1st Indian Swimming team)
School of Physiotherapy, RK University, Organized a
seminar "Physio Can" on 13th Dec, 2017 for all the
students of school of physiotherapy, R.K. University.



Seminar was held at SOE Seminar Hall, RK University at 12.00pm to 2.00 pm. 180 students and 5 faculties of SOPT participated in this seminar. Key points to be learnt from the seminar were: Scope of sports physiotherapy at national and international level, Future of physiotherapy in India, Followed by questions and answers with students.

"SYMPOSIUM ON INTEGRAL APPROACH IN PEDIATRIC PHYSIOTHERAPY" BY DR. DHARA KOTAK AT SPT, RKU"



Eminent speaker Dr. Dhara Kotak, MPT, Senior Pediatric Physiotherapist, Healing Hands – Pediatric Physiotherapy Clinic, Rajkot addressing the symposium on "Integral approach in Pediatric Physiotherapy" for UG and PG

WORLD PHYSIOTHERAPY DAY WALKATHON & CYCLOTHON



"School of Physiotherapy celebrates world Physiotherapy Day 8th sept."

School of Physiotherapy celebrates world Physiotherapy Day (8th sept) every year with weeklong community based activities to spread awareness about health and wellness. In context to focal theme of 2017 – "Physical Activity For Life", students and faculties had organised several camps, public health awareness programs such as walkathon, Cyclothon and Fitness challenges at schools and public places. Moreover, students has taken keen interest in-campus activities such as rangoli competition, poster making competition, flyer designing competition, treasure hunt supporting "movement for health" campaigns. The fitness challenges (e.g. balance, flexibility, coordination, strength, etc...) among students of higher secondary schools of Rajkot remained memorable for participants and met the objective of the day.



“ CONTRIBUTING TO THE RAJKOT'S BIGGEST INTERNATIONAL EVENT RAJKOT FULL MARATHON 18th February 2018 ”

School of Physiotherapy RK. University served as Physio Partner in the Rajkot 2nd Full Marathon which was held on 18th February 2018 organised by the Rajkot Municipal Corporation, Rajkot, this event was one of the biggest events at Rajkot in term of participation and School of Physiotherapy RK. University was the only official partner for the event out of all the academic Institute in Saurashtra Region in which apart from national and international athletes more than 45,000 Participant took part. Over 30 professional runners from Ethiopia and Kenya had participated in the event. This event also received the recognition of Athletic Federation of India (AFI) for following international standards for the marathon.

Students and Faculty members had served at the end point of 10,21 and 42 km and also, we had given physiotherapy on the track in which we appoint over volunteers at 18 different physiotherapy booths for prevention and cure of some of the common injuries.

The teams managed providing efficient health services to more than 600 marathon runners successfully.

Apart from treatment given on the day of event School of Physiotherapy also create the awareness for the preparation of the marathon in terms of health tips and do's and don'ts by means of social media and Radio.

The contribution of School of Physiotherapy was appreciated by the Medical Department of the Rajkot Municipal Corporation and they promise to extend this partnership in some of their future endeavors too.



“ INDUSTRIAL VISIT ”

Students and faculty of School Of Physiotherapy visited well known industry Falcon Pumps Pvt. Lit. during 11th & 12th November, 2017. Students had an opportunity to experience and practice complete rehabilitation procedure starting from observation of posture, identification of major occupational health hazards, which are the things that need to modify, and learn preventive advices



“ GERIATRICS HOME VISIT ”

Students and faculty of School Of Physiotherapy visited well known “Dikra Nu Ghar” Dholara, Rajkot during 18 & 19 November, 2017. There initially they were explained about the daily activity of all the person and give brief idea about the lifestyle.



MONTHLY PARKINSON CLUB MEET

On the 24th February 2018 PARKINSON club meet was hosted by 6th & 8TH semester students and one faculty of School of Physiotherapy RK University Rajkot at RK Physiotherapy Rehabilitation & Research center, Bhaktinagar from 5 to 6.30pm. Initially patients were addressed by Mr. J.D. Parmar. Various coordination exercises, group therapy, dance therapy etc. were executed by students. The event was concluded by a healthy interactive session between patients and Dr. Sukhpreet Pabla.





LIST OF WINNERS OF PHYSIOFEST 2018

Event	Winners	Runner Up
JUNIOR PAPER PRESENTATION	Ms. Devki Mehta	Mr. Dhara Barach
SENIOR PAPER PRESENTATION	Ms. Himani Prajapati	
INNOVATIVE EXHIBITION	Ms. Kruti Ghevariya Mr. Krishna Maissuri	
QUIZ COMPETITION	Ms. Priya Jamanbhai, Mr. Brijesh Verma Mr. Reeshav Singh	Ms. Mansi Pandya, Ms. Shivani Vyas, Mr. Mahendrasinh Vala
ACADEMIC EXCELLENCE AWARD (UG)	Mr. Aman Verma	
ACADEMIC EXCELLENCE AWARD (PG)	Mr. Karishma Solanki	
DIGITAL POSTER PRESENTATION (UG)	Mr. Ishani Gopiyani	
DIGITAL POSTER PRESENTATION (PG)	Mr. Ishani Shah	
CULTURAL COMPETITION	Ms. Hetvi Bhuva, Ms. Khyati Patel.	
FACE PAINTING COMPETITION	Mr. Shubham Rana	
RANGOLI COMPETITION	Mr. Ghanshyam Ghodakiya, Ms. Ayushi Sabhaya, Mr. Hitesh Sidpara, Ms. Nirali Karadiya	Ms. Riya Patel, Ms. Shweta Ranpariya Mr. Shubham Rana, Mr. Parth Patel

“RELATIONSHIP OF OBESITY AND STRENGTH OF CORE MUSCLES”

AUTHOR

Dr.Sheshna R. Rathod1 ; Dr. Neeta Vyas2

1. Tutor/Physiotherapist, Government Physiotherapy College, Jamnagar
2. Principal/HOD, IKDRC-GUTS, Civil Hospital Campus, Ahmedabad

BACKGROUND

Altered biomechanics in obese individuals may lead to low back pain so there was a need to find the relationship between obesity and core muscles.

PARTICIPANTS

846 subjects (560 Males and 286 Females) with age group between 18-60 were randomly selected for the study

METHOD

Co-relational study was carried out. Obesity measures included Waist Hip ratio. Core muscle strength was measured by abdominal draw in test using Pressure Biofeedback Unit in prone position. During this test, the pressure change that was sustained for at least 4 seconds were observed and noted

ANALYSIS

Data was analysed using SPSS version 20. Spear mann Co-relation Coefficient was used to assess the relation between waist hip ratio and strength of core muscles.

RESULTS

no relationship was found between Waist hip ratio and strength of core muscles with spear man coefficient -0.16

CONCLUSION

There is no relationship between Waist hip ratio and strength of core muscles.

KEYWORDS

Obesity, Waist hip ratio, Core muscles, Transversus abdominis.

“KINETICS & KINEMATICS OF SQUATS THE KING OF ALL EXERCISE”

AUTHOR

Devki K. Mehta (Student of B.P.T. second year, Harivandana Physiotherapy College)

AIM OF STUDY

To know kinetics and kinematics of squat so we can correct the method of squat and can prevent further injuries.

ABSTRACT

The squat is one of the most frequently used exercises in the field of strength and conditioning. It is the best exercise to improve overall muscular strength, co-ordination, balance. Considering the complexity of the exercise and the many variables related to performance, understanding squat bio mechanics is of great importance for both achieving optimal muscular development as well as reducing the prospect of a training-related injury.

Here are five reason athletes should squat,
Glutei recruitment | More core recruitment
Its not bad for your knees | Injury prevention
Improve mobility

KEY WORDS

Squats, Athletes

“PHYSIOTHERAPY ROLE IN MARATHON RUNNERS”

PRESENTED BY

Dhara Barach, 4th year B.P.T. Shree Sahajanand Institute of Physiotherapy, Bhavnagar

ABSTRACT

Physiotherapists can play a role as a member of the sports medicine team by participating in injury prevention and education. They give major participation in emergency care, pre & post-training. **Pre-training** include warm up, pre-race stretching, joint mobilization, core exercise, aerobic exercise, balance & proprioception exercise, agility and sports specific exercise. **In emergency**, PTs use Active release Tech. (ART), Grastyon Tech., Dry needling & micro current. **Post-training** includes massage, gentle stretching, ice bath and rest; **After injury** applies: supportive taping & strapping, TENS, U.S., etc. Physiotherapists also help in running biomechanics, footwear advice, training load guidance, flexibility, and muscular strength.

“Sometimes running hurts, but physio works”

“TO FIND THE RELATIONSHIP BETWEEN ATHLETIC COPING SKILLS, MOOD STATES AND SOCIAL SUPPORT IN MALES INVOLVED IN COACHING OR SPORT SCIENCE SUPPORT ROLES AGED BETWEEN 18-25 YEARS - A CO-RELATIONAL STUDY”

PRESENTED BY

Dr. Himani Prajapati
1st year M.P.T, College of Physiotherapy, S.S.G Hospital, Vadodara.

BACKGROUND

There is no doubt that sport generates powerful emotional responses among participants and spectators alike. There is also strong anecdotal and scientific evidence that emotions experienced by athletes prior to and during sport performance have a profound effect upon the quality of their performances (see Hanin, 2000). Emotion and mood are commonly distinguished in the literature in terms of the intensity and duration of responses and the specificity of their antecedents, with emotions seen as relatively brief but intense experiences activated by cognitive appraisals of situational factors, and mood generally conceptualised as of lower intensity,

longer duration and more diffuse origins. It is further proposed that the consequences of emotion are mostly behavioural, whereas those of mood are mostly cognitive (Ekman & Davidson, 1994). Similar to other psychological factors that often been overlooked in our national sports development, athletes' coping skills are one of the essential psychological factors that should be given more attention. According to Pearlin and Schooler (1978), "Coping refers to behaviour that protects people from being psychologically harmed by problematic social experience, a behaviour that importantly mediates the impact that societies have to their members". From this definition, it implies that there is a huge advantage for an athlete to have such attribute rising as a successful athlete. Also how social support given to athletes also play a major role on their performance level.

AIM

To explore the link between athletic coping skills, mood states and social support in males involved in coaching or sport science support aged between 18-25 years.

METHODOLOGY

100 participants involved in coaching or sport science support roles in a variety of high performance sports programs were invited to participate. They will be given 3 self questionnaires which include Athletic coping skills inventory which assesses the sport psychological skills, second will be sport emotion intelligence questionnaire which assesses the emotions and third will be the social support questionnaire which assesses the social support from society. More than 3 years of experience in the game, no associated disease, no recent injury will be included in this study. Monitoring performance during athletic training is generally reliant on indirect markers of maximal performance or relevant physiological and/or psychological characteristics.

STUDENT ACHIEVEMENTS



Jaydev Pandya (PG Scholar) served as a Sports Physiotherapist for the U19 Punjab Cricket Team



Akshay Kacha (PG Scholar) receiving the award of Eklavya of Physio



Vaibhav Dave (PG Scholar) Served At Sport Physio For Asian Games Selection At Rohtak, SAI Center



PG Scholar Akshay Kacha got awarded as Eklavya of Physio



Mohindrasingh Varma and Hitesh Modhvadiya (PG Scholar) served as sports physio in National West zone cricket Tournament held at Barkatullah University Bhopal



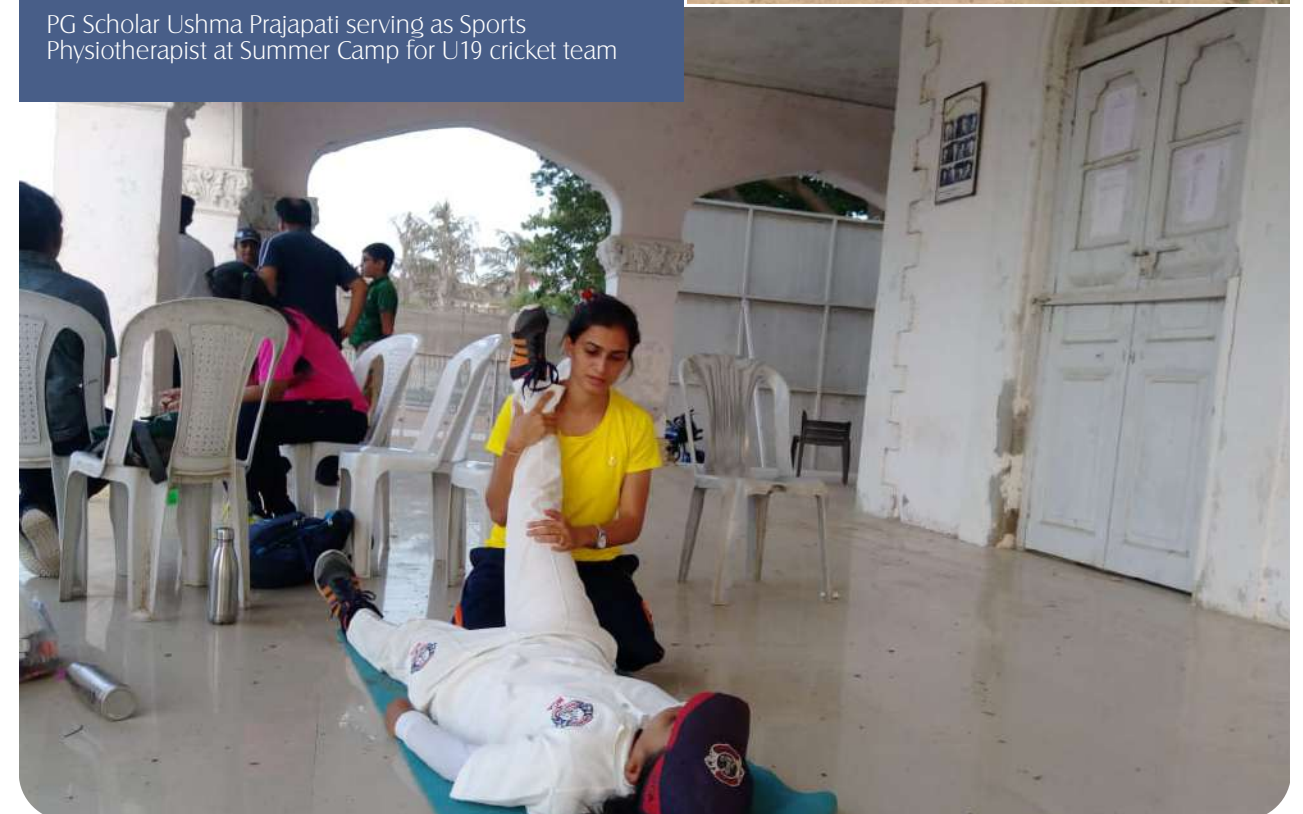
Vaibhav Dave (PG Scholar) Served as Sports Physio-therapist Junior Cadet National Championship At Jalandhar, Punjab Police Station



Vaibhav Dave (PG Scholar) Served as Sports Physio-therapist for summer camp of U17 & U19 cricket team at porbandar under project of sport authority of gujrat



PG Scholar Ushma Prajapati serving as Sports Physiotherapist at Summer Camp for U19 cricket team



BPT, MPT Batches



MPT Batch 2017-19



MPT Batch 2018-20



BPT Batch 2015-19



BPT Batch 2016-20



BPT Batch 2017-21



2018

STUDENT OF THE YEAR





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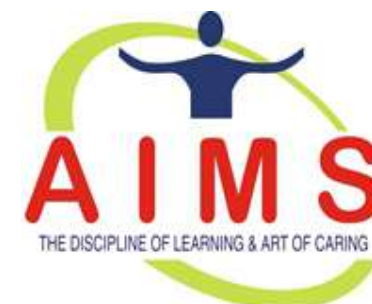
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