

HISTORY OF PHYSICAL THERAPY

PAST

- 3000 AD- chinese doctors, shrushuta, Egyptian physicians, Greek (Galen, Celsus, Hippocretes, Hector) → Hydrotherapy, sports science, gymnastics
- 250 AD- electric gold fish for pain relief and gout
- 150 AD- remedial gymnastics –Oribaza book



RELAXATION

objectives

- At the end of this session, I st yr students will be able to,
- Define relaxation.
- Understand physiological principles used in relaxation
- Discuss types, methods and indication of relaxation
- Discuss following techniques of relaxation in detail-Jacobsons technique, Contrast method, Laura mitchells technique

YOGA

What is Yoga??

The *Kathopanishad* describes Yoga as:

“When the senses are stilled, when the mind is at rest, when the intellect wavers not – then, say the wise, is reached the highest stage. This **steady control of senses and mind** is defined as Yoga. He who attains it is free from delusions.”

Functional re education

Atiya Shaikh

- ▶ Functional activities on mats are designed to improve progressively the patient's independence.
- ▶ It is as important to teach the helpless patient to turn in bed as it is to teach re-education of walking to another.
- ▶ The progression of mat activities is based on the main theme of the normal development sequence such as-rolling from supine to prone and from prone to supine,-getting to prone kneeling-then to standing- eventually to gait training
- ▶ Such activities as teaching the patient to get up from the floor into the sitting position are also included.
- ▶ These activities are based on the normal patterns of movement but each activity will include more than one pattern.

Co-ordination



objectives

At the end of this session, IV yr students will be able to ,

- Define co-ordinated movement and incoordinated movement
- Discuss causes of incoordination
- Discuss Frenkle's exercises in terms of principles, steps, progression



STRETCHING



Flexibility-Ability to move a single joint or series of joints smoothly and easily through an unrestricted ,painfree ROM



Dynamic flexibility -Active ROM



Passive flexibility -Passive ROM

Objectives

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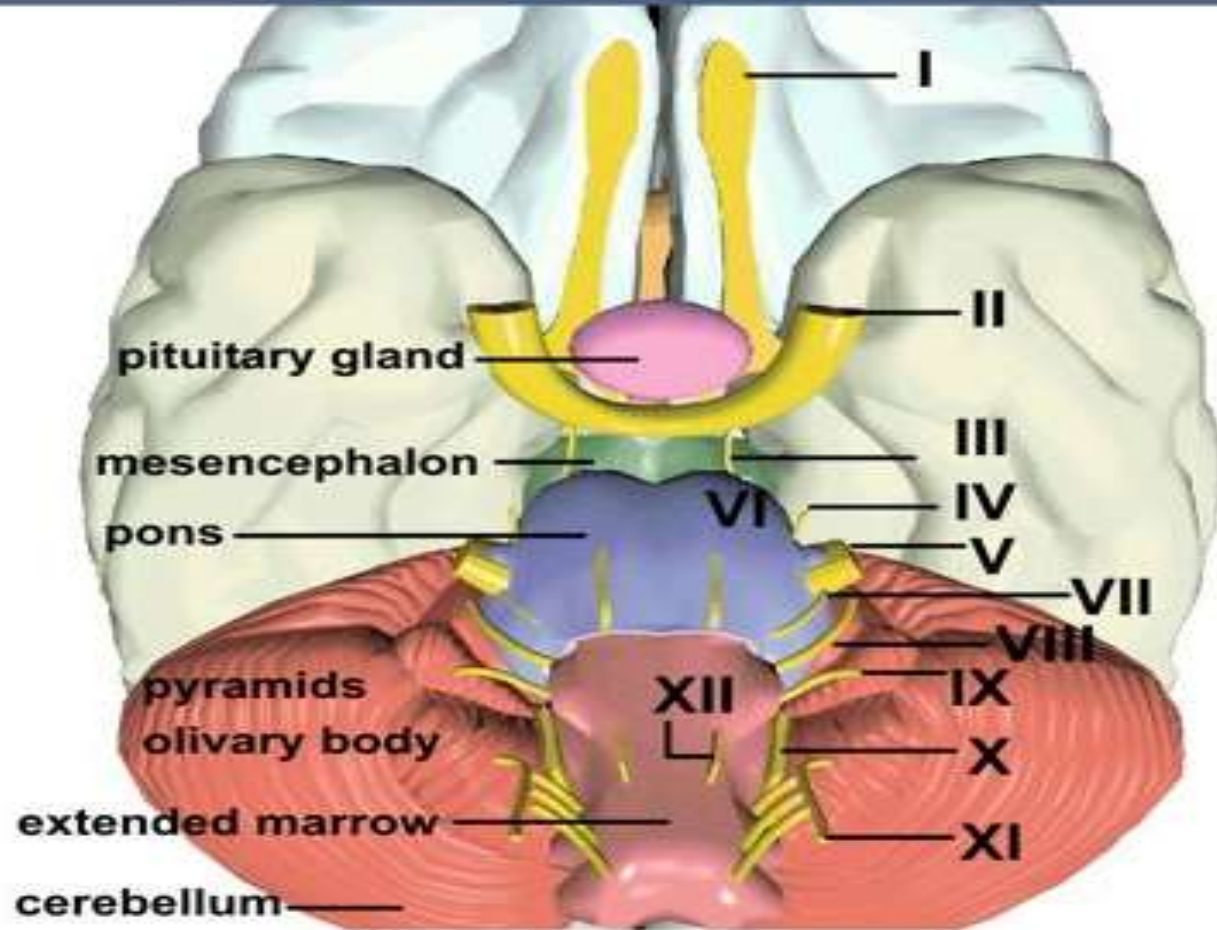
III BPTTh students will be able to recognize,

- ▶ Gait Deviations seen in different conditions
- ▶ Biomechanical Analysis of each gait deviation

- ▶ Gait is defined as an alternate rhythmical & cyclical movements of both lower & upper limbs to move the body in any chosen direction in an upright posture.

- ▶ Gait can show deviations/abnormalities due to-
 - 1) neurological disorders leading to various muscle weakness/spasticity/flaccidity/ataxia
 - 2) orthopaedic problems like weakness/fractures/painful conditions.

The Cranial Nerves



EXAMINATION

CRANIAL NERVE MNEMONIC

S = Sensory

M = Motor

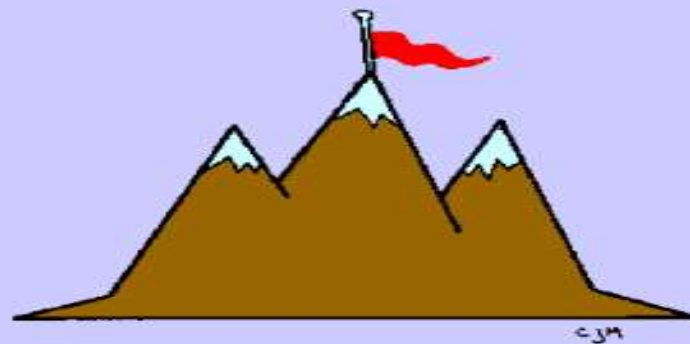
B = Both

O Olfactory
O Optic
O Oculomotor
T Trochlear
T Trigeminal
A Abducens
F Facial
A Acoustic
G Glossopharyngeal
V Vagus nerve
S Spinal
H Hypoglossal

O On
O Old
O Olympus'
T Tiny
T Tops
A A
F Finn
A And
G German
V Viewed
S Some
H Hops

S Some
S Say
M Marry
M Money
B But
M My
M Mother
S Says
B Bad
B Business
M Marry
M Money

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GAIT

&

TYPES OF GAIT

Normal Walk Cycle - YouTube.flv

GAITS

DEFINATION :

GAIT IS THE MANNER
OR
STYLE OF WALKING



***GROWTH
AND
DEVELOPMENT***



objectives

- At the end of the lecture ,III yr students will be able to ,
- Define growth ,development
- Understand factors affecting G and D
- Understand laws of G and D
- Understand various stages of D in terms of motor,cognitive,oromotor and finemotor development as per age of a child



NEURO DEVELOPMENTAL TECHNIQUE

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objectives

- ▶ Ill BPTTh students will know,
- ▶ Principles of NDT
- ▶ Therapeutic handling of NDT
- ▶ Application

MODIFIED

ASHWORTH

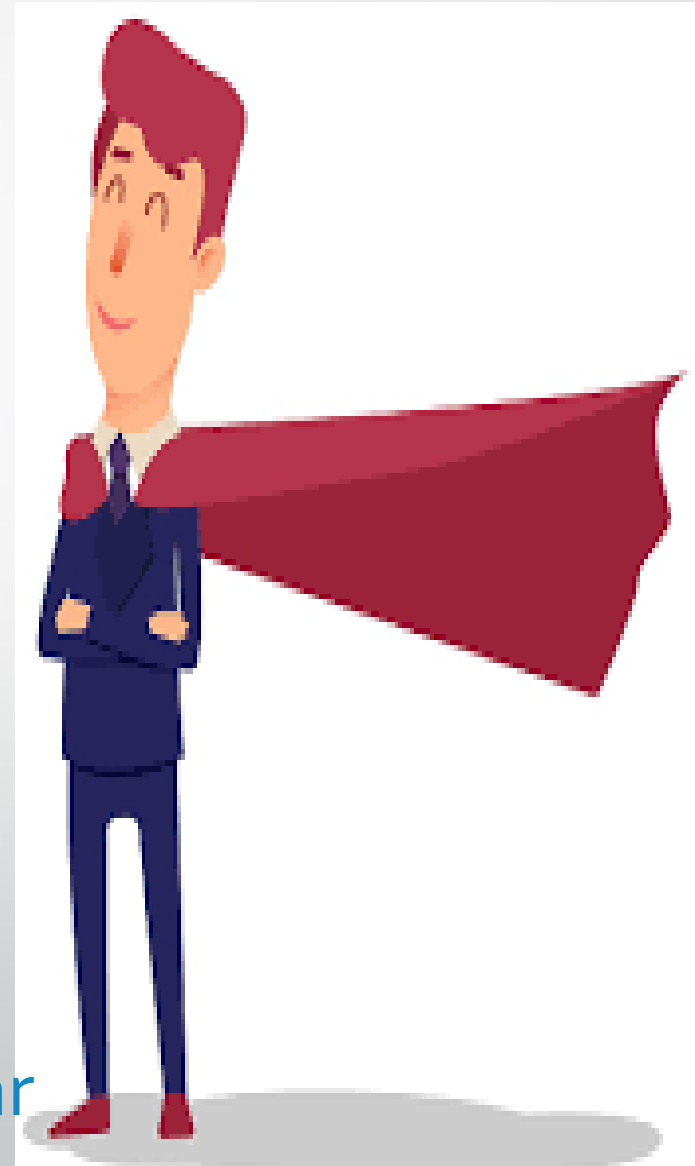
SCALE

objectives

- At the end of this session III yr students will be able to,
- Define spasticity
- Understand MAS and its grading
- Demonstrate how to assess spasticity using MAS appropriately

PRINCIPLES OF MANAGEMENT

Dr Atiya A. Shaikh(PT),
MPTh(Neuro), PhD Scholar



definition

To manage is to forecast and plan, to organize, to command, to coordinate and to control(Henri Fayol-father of modern management)



ETHICS IN MEDICAL RESEARCH

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Willowbrook study 1956



Mentally retarded children housed at the Willowbrook State School in Staten Island, New York, were intentionally given hepatitis in an attempt to track the development of the viral infection. The study began in 1956 and lasted for 14 years. The researcher also wanted to determine the effectiveness of gamma globulin injections as protection against hepatitis.



**Dr. Atiya A Shaikh (PT),
MPhD, (Neuro), PhD Scholar
Lecturer DESBJCOP, Pune**



objectives

- At the end of the session, the students will be able to:
 - Enumerate types of time
 - Understand Convoy's time matrix
 - Understand and apply 6 principles of time management
 - give one eg from their life with reference to the principles learned
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