

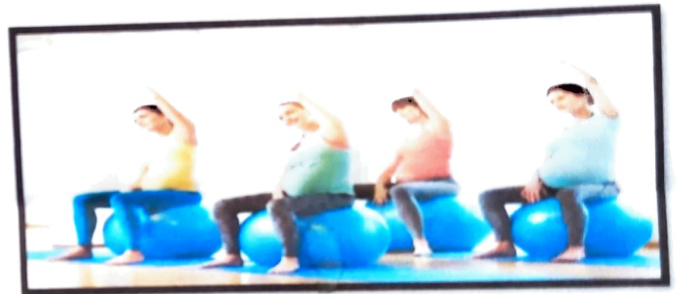


**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
MEDICAL COLLEGE AND HOSPITAL,
DEPARTMENT OF PHYSIOTHERAPY**

ANTENATAL PHYSIOTHERAPY

Common Conditions Treated by PHYSIOTHERAPIST

- **Common Musculoskeletal disorder like Low Back Pain, Coccydynia, Spasm, Joint Laxity etc**
- **Common Neurological conditions like Carpal Tunnel Syndrome, Sciatica, other peripheral neuropathy**
- **Aerobic Deconditioning**
- **Vascular disorders like Varicose Veins, D.V.T, Claudication**
- **Urinary Incontinence**



PHYSIOTHERAPY TREATMENT WE PROVIDE:

- **Pelvic floor strengthening exercises**
- **Breathing exercise and Aerobic conditioning exercises**
- **EMG BIOFEEDBACK**
- **Electrical Modalities for pain relief & Oedema reduction**
- **Kinesio Taping**
- **Strengthening exercise protocol**
- **Relaxation Technique**
- **Pilates**
- **Postural correction exercises**

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**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
MEDICAL COLLEGE AND HOSPITAL,**

DEPARTMENT OF PHYSIOTHERAPY

❖ POSTNATAL PHYSIOTHERAPY

❖ Common Conditions Treated by PHYSIOTHERAPIST

1. Low back pain
2. Upper back pain
3. Cramps
4. Sciatica
5. Faulty posture
6. Diastesis Rectii

7. Carpal Tunnel Syndrome
8. Obesity
9. DVT
10. Fatigue
11. Oedema
12. Stress Incontinence



❖ PHYSIOTHERAPY TREATMENT WE PROVIDE

- Ergonomic Advice On Baby Handling And Faulty Posture During Breast Feeding
- Pelvic Floor Strengthening Exercises
- Core Strengthening
- Breathing Exercise And Aerobic Conditioning Exercises
- EMG BIOFEEDBACK
- Electrical Modalities For Pain Relief
- Kinesio Taping
- Strengthening Exercise Protocol
- Relaxation Technique
- Pilates

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**BVDU (Deemed to be University) MEDICAL
COLLEGE & HOSPITAL
DEPARTMENT OF PHYSIOTHERAPY
SANGLI**

Academic Event Report
Conferences/ Seminars/Workshop/CME/Quiz/
Debate/ Guest Lecture/Extension activity etc

Doc No.	DC/BVDUMC H/DPT/AER/IQ AC/00
Issue No.	1
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No	Points for Report
1	Name & Level of Event - College /Regional/ State/ National/ International. Name of Co-ordinators: Dr Amruta Kabra, Dr. Dipti Kadam Camp on Antenatal and Postnatal Physiotherapy Rehabilitation
2	Background/Introduction - Need/ reasons for holding the prg. Name of Association /Collaboration etc. The Event was organized in consideration of forthcoming World Physiotherapy Day and Series of events as a part of Physiotherapy week will be taking place. The Antenatal and Postnatal Physiotherapy Rehabilitation in the form of Group Exercises were given to OPD/ IPD patients of BVDUMCH along with this other form of intervention Breathing Exercise Upper/Lower Limb Exercises, Core Muscle Training, Fun Activity Followed by Relaxation was also given.
3	Venue - Department of Physiotherapy, BVDU Medical College & Hospital Sangli
4	Sponsors - Name & Details -
5	Inauguration - Including the details of Chief Guest, Guest(S) of Honor, List of speeches given, compared by etc..... -
6	Speakers/ Judges/ Chairman/Panel Team - Brief Introduction with their achievements. -



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7 **Participants & Delegates** – No. of participants & delegates/teams with their names.

Total 2 Staff and 12 individuals participated in the event

8 **Prize Distribution etc** - Brief Summary of the Proceeding.

-

9 **Valedictory Ceremony** - Brief of the proceeding including chief guest etc. and who conducted it.

-

10 **Highlights of the Event** - Brief about the main highlight(s) of the event.

The exercises given to each patient in the event was in the form of group exercises and music therapy which was time saving and encouraged every patient.

Report Prepared on-06/09/2021

Report Prepared by-Dr. Amruta Kabra

Designation/ Dept- Assistant Professor/ Physiotherapy

Signature
Organizing Chairman/ Secretary

Signature
Principal/ HOD

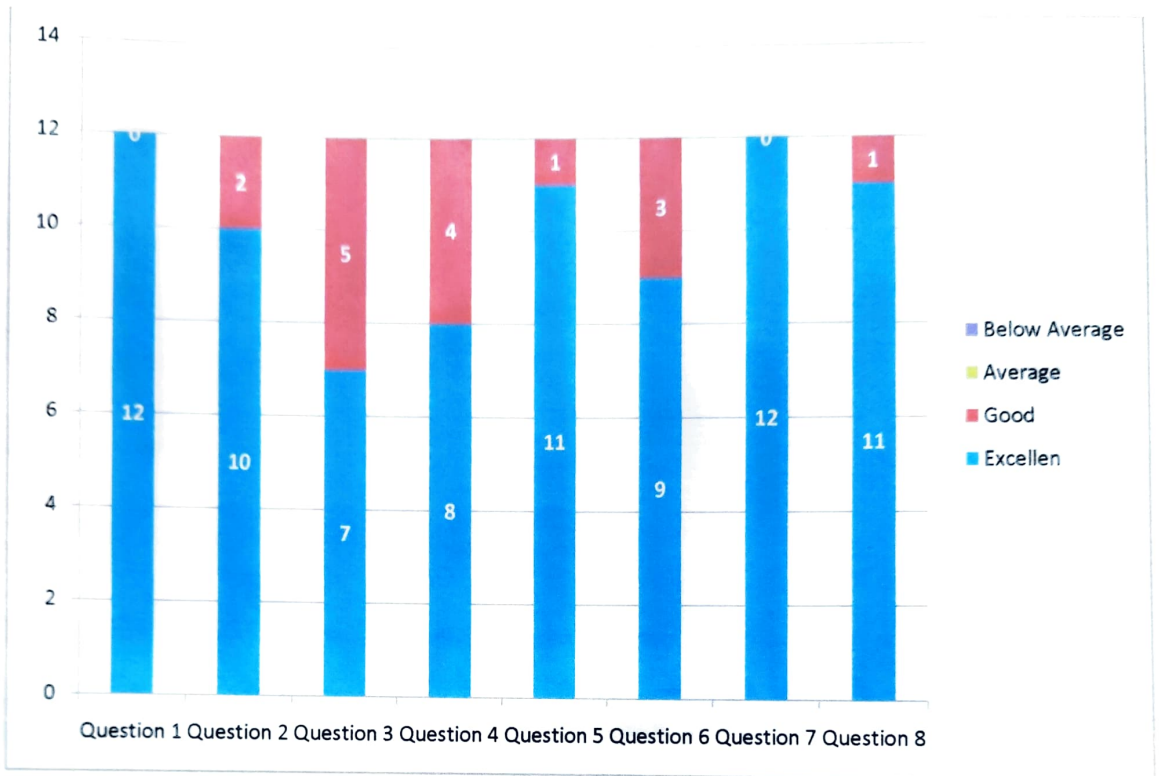


Figure 2: ANC / PNC

Camp on Antenatal and Postnatal Physiotherapy Rehabilitation

