



WELCOME TO
**NATIONAL
PHYSIOTHERAPY
CONFERENCE 2025**

EVIDENCE TO EXCELLENCE :
SHAPING PHYSIOTHERAPY'S FUTURE

IN THE FOND MEMORY OF

Late Pujya Chhaganbha,
Founder, SVKM and
Late Visionary Chairman
Shri Maneklal. M. Patel (KSV)



PUJYA
CHHAGANBHA



PUJYA
MANEKLAL. M. PATEL
(SAHEB)



ABOUT THE TRUST

Sarva Vidyalaya Kelavani Mandal has been established in the year 1919, by a Philanthropist **“Pujya Chhaganbha”**. The basic principle preached by him **“Kar Bhala Hoga Bhala”** has been the driving force for the growth of the education activities managed by the trust. Having started with just 6 students then, today the trust manages and runs various schools and colleges both at Kadi & Gandhinagar with more than 56000 students being educated.

The trust is being nourished and managed by its alumni who occupy respectable positions in the society. Many of its alumni have settled abroad, flourishing and they shower in donations to benefit the existing as well as prospective students for providing them with better facilities for study as well as stay.

The trust has always been in the forefront for provision of value based education to all the students irrespective of Caste, Creed, Religion etc. Keeping in with the main motto **“Kar Bhala Hoga Bhala”** the trust has surrendered all its management quota seats in all the courses being run by it and the admissions to the various courses are strictly conducted on the basis of merit through centralized admission process. At present the trust runs various schools from Pre Primary to Higher Secondary level both at Kadi and Gandhinagar as well as College both technical and non-technical, including paramedical courses

ABOUT THE UNIVERSITY

Kadi Sarva Vishwavidyalaya, Gandhinagar is a University established vide State Act 21 of 2007 in May 2007.

The University has been established by “Sarva Vidyalaya Kelavani Mandal” a trust with more than 85 years of philanthropic existence.

The establishment of the university is driven by the vision to accomplish the following goals:

- To provide need based education and develop courses of contemporary relevance.
- To be a University of excellence by providing research based activities which would foster higher economic growth.
- To provide education to all irrespective of caste, creed, religion etc.



ABOUT THE INSTITUTE

CHANCHALBEN MAFATLAL PATEL COLLEGE OF PHYSIOTHERAPY has been established by SARVA VIDYALAYA KELAVANI MANDAL to cater to the ever increasing need of quality Physiotherapy in the society. The college has been established in the year 2015 on a 16000 Sq.mts of land situated in Civil Hospital Premises of Gandhinagar and is a constituent college of Kadi Sarva Vishwavidyalaya. The college has been approved by Government of Gujarat and offers 4 ½ year Bachelor in Physiotherapy Program leading to BPT degree and in the year 2020, Master of Physiotherapy (MPT) program was commenced in five different specializations. Our institute is one and only self-finance college in Gujarat State which is situated in the Civil Hospital Campus.

Our institute boasts state-of-the-art facilities, cutting-edge equipment, and a comprehensive curriculum designed to foster clinical expertise. The college promotes a holistic approach to healthcare, incorporating interdisciplinary studies and patient-centered care. More

than 15,000 patients have been provided free physiotherapy services in the OPDs and other extensions like BSF frontier Hospital, government dispensaries etc.

We also have a Mobile Physiotherapy Unit which is first of its kind in the state and has been successful in treating more than 10,000 patients at numerous geriatric homes and community centers in and around Gandhinagar and Ahmedabad. With its experienced faculty, the institution prioritizes hands-on practical training, ensuring students gain real-world skills. Emphasizing research, the college encourages students to contribute to advancements in physiotherapy.

Robust clinical internships and collaborations with healthcare institutions provide invaluable exposure. With a commitment to excellence, the institution cultivates a supportive learning environment, fostering professional development and producing highly skilled physiotherapists equipped to meet evolving healthcare demands.

THE COLLEGE OFFERS

4 ½ year Bachelor in Physiotherapy Program leading to BPT degree. In the year 2020, Master of Physiotherapy [MPT] program commenced in Chanchalben Mafatlal Patel College of Physiotherapy.

The college offers following programs for Master, to the Post-graduate students:

- MPT in Orthopaedics
- MPT in Neuro Sciences
- MPT in Cardiorespiratory disorders
- MPT in Sports Sciences
- MPT in Paediatrics

OTHER REMARKABLE AND SALIENT FEATURES OF THE COLLEGE

- Conferences, Seminars and Workshops are regularly held in the college
- Sophisticated and modern Physiotherapy equipment provided
- Mentorship Program
- Regular Community Health Programs
- Excellent hands-on training
- Continuous learning environment
- Opportunity to study in a multicultural environment
- Comprehensive clinical education
- Clinical training in various hospitals
- Individual attention and continual support from faculty
- Learning as fun through small and regular group activities



TABLE OF CONTENTS

BLESSINGS FROM LUMINARIES **08-10**

FAMILIARIZING WITH
OUR COMMITTEE MEMBERS **11**

EVENT ITINERARY
CONFERENCE SCHEDULE **12-13**

FOCUSED SYMPOSIUM
ORTHO **14**

PANEL DISCUSSION
NEURO **15**

EXPERT TALK **16-17**

GLOWING BEACONS OF
PHYSIO ZENITH **19**

ABSTRACTS **22-81**

ARTISTIC ENDEAVORS
BY OUR STUDENTS **82-84**

MUSINGS FROM
THE BUDDING PHYSIOS **85-86**

1
2
3
4
5
6
7
8
9
10



Bhupendra Patel

Chief Minister, Gujarat State

Dt. 24-02-2025

Message

**“A Physiotherapist has the brain of a scientist,
heart of a humanist and the hands of an artist.”**

- *Anonymous*

Physiotherapy has grown as a very strong wing of curative medical science. As the quote depicts, the physiotherapists are not only curing their patients, they are giving them a new way to fight with their ailments and encourage them to overcome the physical problems with sheer will power and hard work.

I am much pleased to learn that the **Chanchalben Mafatlal Patel College of Physiotherapy** is organizing **National Physiotherapy Conference – “Physio Zenith”** during **5th to 7th March, 2025**. It gives me immense pleasure to learn that the theme of this conference is *“Evidence to Excellence: Shaping Physiotherapy’s Future”*. I extend my heartiest best wishes to the team of organizers and all the participating Physiotherapist for an enlightening and successful event.

(Bhupendra Patel)

To,
Dr. K. Vaithianadane, Principal,
C. M. Patel College of Physiotherapy,
Civil Hospital Campus,
Sector-12, Gandhinagar-382012
Email: cmpp_ksv@yahoo.com

apro/ab/2025/02/24/rs





અધ્યક્ષ
ગુજરાત વિધાનસભા

શુભેચ્છા સંદેશ

શ્રી સર્વ વિધાલય કેળવણી મંડળ સંચાલિત સી.એમ.કોલેજ ઓફ ફિઝિયોથેરાપી દ્વારા રાષ્ટ્રીય ફિઝિયોથેરાપી પરિષદ-ફિઝિયો ઝેનીથનું તા.૦૫ થી ૦૭ માર્ચ-૨૦૨૫ દરમિયાન આયોજન કરવામાં આવેલ છે. જે જાણીને આનંદ થયો.

આ રાષ્ટ્રીય ફિઝિયોથેરાપી પરિષદની સફળતા માટે હું ખૂબ ખૂબ શુભકામનાઓ પાઠવું છું તથા સંસ્થા સાથે જોડાએલ તમામને આ પ્રસંગે અભિનંદન આપુ છું.


(શંકરભાઈ ચૌધરી)

પ્રતિ,
આચાર્યશ્રી,
સી.એમ. પટેલ કોલેજ ઓફ ફિઝિયોથેરાપી,
સિવિલ હોસ્પિટલ કેમ્પસ, સેક્ટર-૧૨,
ગાંધીનગર.



CHIEF PATRON

SHRI VALLABHBHAI M. PATEL

Honourable Chairman,
Sarva Vidyalaya Kelavani Mandal,
Kadi and Gandhinagar

Honourable President,
Kadi Sarva Vishvavidyalaya, Gandhinagar

PATRON

Dr. GARGI RAJPARA

I/C Director,
Kadi Sarva Vishvavidyalaya, Gandhinagar
Principal LDRP-ITR

CO-PATRON

Dr. SURYAKRISHNA MANTRALA

Registrar,
Kadi Sarva Vishvavidyalaya,
Gandhinagar

CONVENER

Dr. K VAITTIANADANE

Principal
C.M. Patel College of Physiotherapy

CO-CONVENER

Dr. MAYUR SOLANKI

Professor
C.M. Patel College of Physiotherapy

FAMILIARIZING WITH OUR COMMITTEE MEMBERS



REGISTRATION : DR. SHRUTI PUROHIT | DR. SHWETA RAVAL

SCIENTIFIC EVENTS : DR. PARTH TRIVEDI | DR. VISHWA PUJARA

STAGE AND AESTHETIC : DR. RACHITA HADA | DR. ASHKA PATEL
: DR. MINITA CHAUHAN | DR. FALGUNI PATEL

SOUVENIR : DR. RACHANA SHAH | DR. AVADHI AMIN

INVITATION AND HOSPITALITY : DR. NIKITA PATEL | DR. RUCHIR PATEL | DR. YASHVI DAVE

CULINARY : DR. RUJU PATEL | DR. SIMRAN SHAIKH

MULTI-MEDIA & AV AIDS : DR. SIMRAN SHAIKH

TRANSPORTATION & ACCOMMODATION : DR. RUCHIR PATEL | DR. VISHWA MEHTA

BANNER & PRINTING : DR. VISHWA MEHTA

DECORATION : DR. DIPIKA PULPATI | DR. AVADHI AMIN

PHOTOGRAPHY : DR. DIPIKA PULPATI

EVENT ITINERARY

CONFERENCE SCHEDULE



DAY 1 | 5th MARCH

TIME	EVENT	LOCATION
8:00 am - 9:15 am	REGISTRATION	REGISTRATION DESK
9:15am - 10:30 am	INAUGURATION	AUDITORIUM, GROUND FLOOR
10:30 am - 12:00 pm	FOCUSED SYMPOSIUM : ORTHOPAEDICS	AUDITORIUM, GROUND FLOOR
12:00 pm - 1:00 pm	LUNCH & NETWORKING	LUNCH AREA
1:00 pm - 2:00 pm	EXPERT TALK : DR. NILIMA PATEL	AUDITORIUM, GROUND FLOOR
1:00 pm - 3:00 pm	SENIOR PLATFORM PRESENTATIONS	PRESENTATION HALL-1, THIRD FLOOR
2:00 pm - 3:00 pm	EXPERT TALK : DR. ARUNACHALAM	AUDITORIUM, GROUND FLOOR
3:00 pm - 4:00 pm	CULTURAL EVENTS : TATOO MAKING	CULTURAL EVENTS HALL-1, GROUND FLOOR
3:00 pm - 4:00 pm	CULTURAL EVENTS : CLAY MODELING	CULTURAL EVENTS HALL-2, GROUND FLOOR
3:30 pm to 4:00 pm	HIGH TEA & NETWORKING	LUNCH AREA



DAY 2 | 6th MARCH

TIME	EVENT	LOCATION
8:00 to 9:00	BREAKFAST	LUNCH AREA
9:00 to 10:00	EXPERT TALK : DR. PRIYANSHU RATHOD	AUDITORIUM, GROUND FLOOR
10:00 to 11:00	EXPERT TALK : DR. MEGHA SHETH	AUDITORIUM, GROUND FLOOR
10:00 to 12:30	JUNIOR ORTHO PLATFORM PRESENTATIONS	PRESENTATION HALL-1, THIRD FLOOR
10:00 to 12:30	JUNIOR CARDIO PLATFORM PRESENTATIONS	PRESENTATION HALL-2, THIRD FLOOR
11:00 to 12:00	PANEL DISCUSSION : NEUROLOGY	AUDITORIUM, GROUND FLOOR
12:00 to 1:00	LUNCH & NETWORKING	LUNCH AREA
1:00 to 2:00	EXPERT TALK : DR. SAMIP SHAH	AUDITORIUM, GROUND FLOOR
1:00 to 3:30	JUNIOR NEURO PLATFORM PRESENTATIONS	PRESENTATION HALL-3, THIRD FLOOR
2:00 to 4:00	INNOVATIVE PROJECT EXHIBITION	OUT DOOR AREA
2:00 to 4:00	SENIOR POSTER PRESENTATIONS	OUT DOOR AREA
2:00 to 4:00	QUIZ	PRESENTATION HALL-4, THIRD FLOOR
2:00 to 4:00	CULTURAL EVENTS (MEHNDI & FACE PAINTING)	CULTURAL EVENTS HALL-1, GROUND FLOOR
3:30 to 4:00	HIGH TEA & NETWORKING	LUNCH AREA

DAY 3 | 7th MARCH

TIME	EVENT	LOCATION
8:00 to 9:00	BREAKFAST	LUNCH AREA
9:00 to 11:00	JUNIOR ORTHO PLATFORM PRESENTATIONS	PRESENTATION HALL-1, THIRD FLOOR
9:00 to 11:00	JUNIOR POSTER PRESENTATIONS	OUT DOOR AREA
11:00 to 12:00	EXPERT TALK (DR. NEHAL SHAH)	AUDITORIUM, GROUND FLOOR
12:00 to 12:30	VALEDICTORY FUNCTION	AUDITORIUM, GROUND FLOOR
12:30 to 1:30	LUNCH & NETWORKING	LUNCH AREA

FOCUSED SYMPOSIUM ORTHO



TOPIC: SHOULDER PAIN: DIAGNOSTIC DILEMA

MODERATOR

DR. DINESH SORANI
BPT, MPT, PHD
SENIOR LECTURER, I/C PRINCIPAL
GOVERNMENT PHYSIOTHERAPY
COLLEGE, JAMNAGAR



SPEAKERS



DR. SANJAY TRIVEDI
SENIOR
ARTHROSCOPIC SURGEON
Aadya Hospital, Ahmedabad



DR. SARVANAN M
MPT(Sports), Ph.D
I/C Principal
Shree Bhartimaiya College of Physiotherapy



DR. JAYAPRAKASH D.
M.P.T Sports
Senior Lecturer
Government Physiotherapy College &
Spine Institute, Ahmedabad

PANEL DISCUSSION

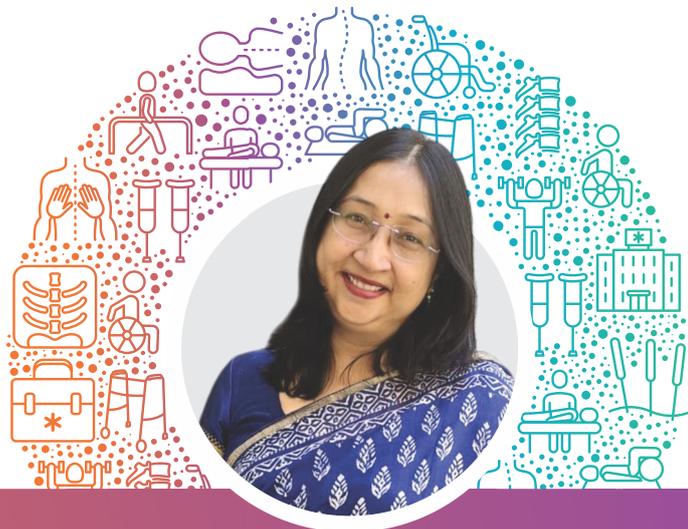
NEURO



TOPIC: BRIDGING THE FUTURE OF NEURO PHYSIOTHERAPY: INTEGRATING AI, RESEARCH, AND CLINICAL PRACTICE

PANEL MODERATOR

DR. SHRADDHA DIWAN
MPT, PhD
LECTURER
SBB college of physiotherapy



PANELISTS



DR. R. S. BHATIA
MBBS, MD, DM, DNB
Neurologist ,
Neuron Clinic, Ahmedabad



DR. JASPREET KAUR KANG
MPT Neuro, PhD
Principal,
KD Institute of Physiotherapy



DR. DHARA SHARMA
MPT Neuro, PhD
Principal,
Silver Oak College of Physiotherapy



TOPIC : SCIENCE & SPIRITUALITY IN REHABILITATION

DR. NILIMA PATEL

Honorary Director of Physiotherapy,
Parul University



TOPIC : BRIDGING THE GAP: IDENTIFYING AND SOLVING REAL-TIME CHALLENGES IN PHYSIOTHERAPY PRACTICE

PROF. (DR.) PRIYANSHU RATHOD
MPT, PhD

DEAN, FACULTY OF MEDICINE
RK University, Rajkot, Gujarat, India



TOPIC : SCOPE FOR EXTENDED PHYSIOTHERAPY SERVICES – ENTREPRENEURSHIP INNOVATION

PROF. ARUNACHALAM RAMACHANDRAN
MPT (Neuro Sciences), PhD

PRINCIPAL,
Madhav College of Physiotherapy, Madhav University



TOPIC : FROM ASSESSMENT TO ACTION:
PRACTICAL CONSIDERATIONS OF CLINICAL
DECISION MAKING IN ORTHOPEDIC PHYSIOTHERAPY

DR. NEHAL SHAH

PhD, PT

PRINCIPAL I/C

SBB COLLEGE OF PHYSIOTHERAPY



TOPIC : FORMULATION OF RESEARCH
QUESTION

DR. MEGHA SANDEEP SHETH

MPT (Community Health & Rehabilitation)

LECTURER,

SBB COLLEGE OF PHYSIOTHERAPY



TOPIC : FROM INJURY TO PERFORMANCE -
UNLOCKING ACL REHABILITATION STRATEGIES

DR. SAMIP SHAH

M.PT (Sports) ASCA Level 1 Certified

HEAD PHYSIOTHERAPIST,

Jaipur Pink Panthers (Pro-Kabaddi Team)



Solaniki Jhanvi
Final Year BPT

REGISTRATION

MPT

CHANDNI RANA

BPT

KHUSHIL P. GURJAR
ASHISH J. GAMETI
PALASH D. PATEL
SALONI J. PATEL
HEMANGI A. HATHI
AYUSHI P. DESAI

SHUBH S. VACHHANI
ANGANA B. PATEL
MIT B. PATEL
DIVYA N. PRAJAPATI
AMAR B. BHAMARE
KANAN S. CHAUDHARI

HONEY S. MODI
NISHA J. VAIDYA
HITENDRASINH P. JADEJA
AARUSHI M. MEVADA
SNEHA S. MORE
RIDDHI M. PATEL
PRACHEE G. PATEL

SCIENTIFIC EVENTS

MPT

DHWANI MAKWANA
FALGUNI BHILOCHA
RAJVI PANDYA
ARPITA RAVAL
SHIVALI GOSWAMI
SRUSHTI PATEL
NIRALI K. DAVE

RIDDHI PATEL
MARGI PANDYA
SMIT HIRPARA
KUNJ S. PATEL
HELISHA K. PATEL
BANSI CHAVDA
VANDAN BHAVSAR

BPT

VAIDEHI K. PANJABI
VEDANTI P. SHASTRI
MAITRY P. TRIVEDI
KRISHNA Y. NAIK

STAGE AND AESTHETIC

MPT

SHAILEE MENAPARA
KARISHMA V. LALWANI

BPT

KHUSHIL P. GURJAR
KAUSHAL J. SUTHAR
NANDISH K. JANI
VISHWA R. PATEL
PAL M. BHUT
RIYA C. VASOYA

HELLY SHAH
OM N. PATEL
SHUCHI PARMAR
ARCHI A. PATEL
KOMAL SHARMA
PREKSHA G. PATEL

HAPPY B. PATEL
ADITYA P. SONARIYA
HET R. PATEL
KULDIP PATIL
AASTHA BHAVSAR

SOUVENIR

MPT

ARCHANA K
ISHA SHARMA

BPT

KAWALDEEP SINGH
DHRUVI N. SHAH
JHANVI J. SOLANKI
MANVI CHOUHAN
IRSHIKA L. PATEL
AMI Y. MAKVANA

HARNISHA M. PATEL
UNNATI M. PATEL
KRIYA G. PATEL
PRUTHA A. SHUKLA
VRUSHTI M. ARDESHNA

INVITATION & HOSPITALITY

BPT

SHREYA P. DALWADI
DARSHI N. PATEL
RUTVI H. VARMORA

BHAKTI A. PATEL
NAIYA H. PATEL
KHUSHBU A. DAVE

DISHA V. SINHA
BANSI KHUNTI
SHRESHTI SHAH

JANVI U. GAMBHAVA
VIDHI J. CHABBAIYA
ISHI SHAH

CULINARY

BPT

KINJAL PANCHAL
RITU V. PATEL
TANVI N. PATEL
KRINA R. PRAJAPATI
JINAL V. SANODARIYA

RIYA TRIVEDI
DEV H. BAROT
TIRTH R. CHAUDHARY
VAISHALI N. JOSHI
RIDDHI R. DESAI

AMISHA K. NAYAK
HETVI J. PATEL
KHUSHI R. PATEL
VAIDEHI G. CHAUDHARY
SHRUTI A. PRAJAPATI

DIYA N. PATEL
LIZA P. RAVAL
DHARTI B. SONI
KUNJ K. THAKKAR
SATYADEEPSINH U. GOHIL

MULTI-MEDIA & AV AIDS

BPT

SHREYA L. PATEL
PRACHI R. PATEL
HELI K. PRAJAPATI

PREKSHA S. PATEL
KOSHA V. SHAH
YASHVI PATEL

UPASANA R. JADAV
ARTI H. GANDHARVA
DHARA M. PARMAR

TRANSPORTATION & ACCOMMODATION

BPT

YASHVI D. MULANI
RUTU A. SONI
NAMRATA J. PARADIYA
DHRUVI S. PATEL

BANNER & PRINTING

BPT

YAJURVI D. AKHANI
DRASHTI P. POPAT
NIKITA R. PRAJAPATI
DHRUVI H. SOLANKI
DHARTI B. SONI

DECORATION

BPT

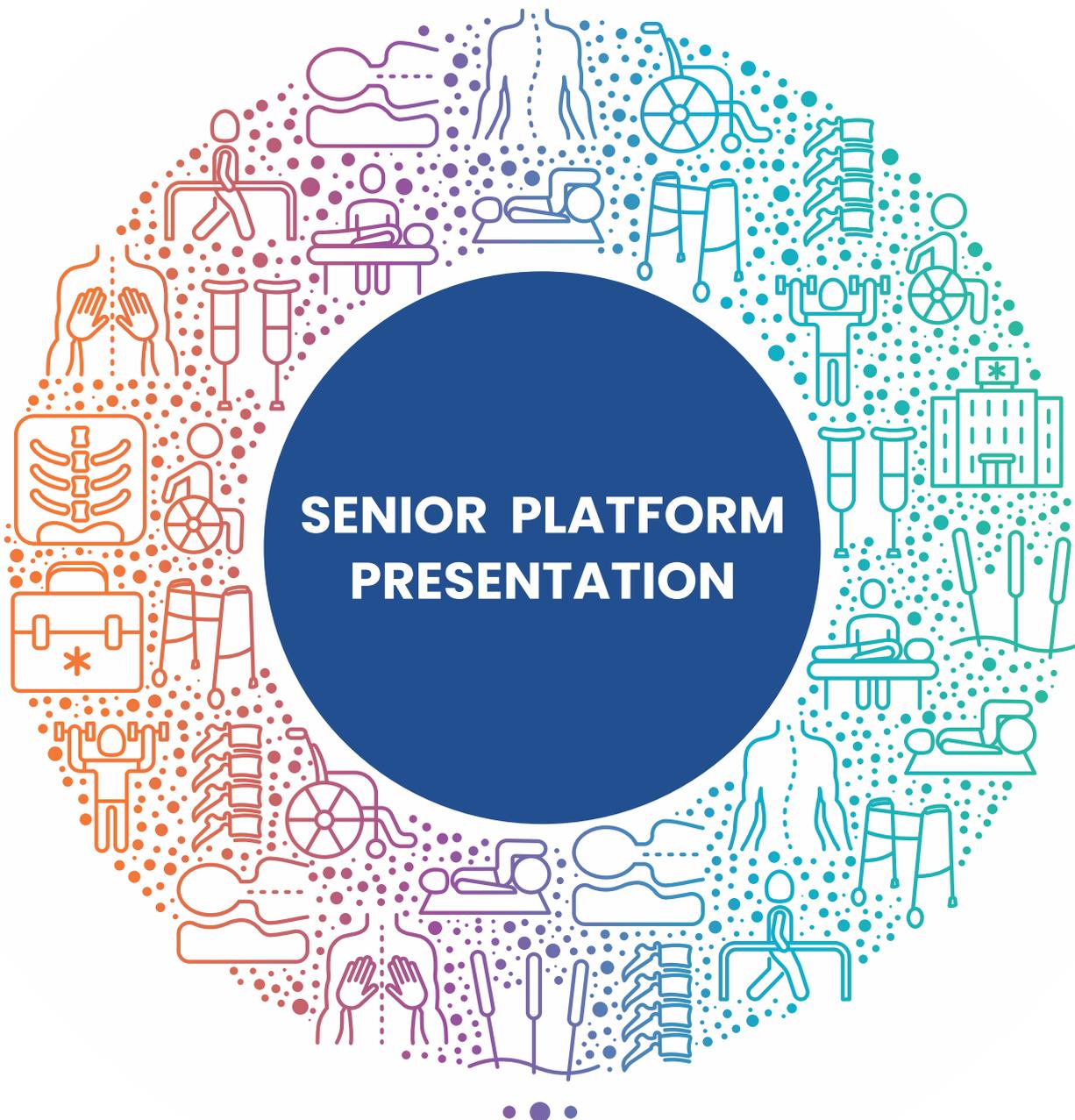
KHUSHI R. PATEL
HIMANSHI N. ANADKAT
KHUSHI K. PATEL
HIYA P. PATEL
SUCHI J. PATEL
JENSI N. PATEL
POORNIMA V. SINGH
VIDHI K. SHAH

RITIKA N. DESAI
KHUSHI B. SUTARIYA
KRISHA VADALIA
ADITI B. PARMAR
MANUSHI J. SONI
KRINA ASODIYA
NIDHI M. RUPCHANDANI
MONIKA M. BHATI

PHOTOGRAPHY

BPT

MOHD. MANNAN
HARSH RAVAL
VISHWA B. AZAD
KHUSHI B. SUTARIYA
VIDHI PANCHAL
AAYUSHI SOLANKI
TIRTH S. CHUDASAMA



**SENIOR PLATFORM
PRESENTATION**

EFFECTS OF PERIPHERAL HEART INSUFFICIENCY ON CARDIAC FUNCTION – A CROSS-SECTIONAL STUDY

AUTHOR: Dr. Nisha Pathak PT, Swaminarayan Physiotherapy College, Kadodara, Surat

BACKGROUND & NEED OF RESEARCH: Peripheral heart insufficiency (PHI) is associated with impaired circulation, which can strain cardiac function. However, the specific effects of PHI on the heart remain inadequately studied. Research is needed to understand this relationship, improve early detection, and enhance treatment strategies for better cardiovascular care.

METHOD: This study is a Pilot study. A total of 16 Participants were included in the study aged between 18–25 years. For Peripheral Heart insufficiency, they underwent Knee to wall test ($r= 0.99$) to measure calf tightness of the dominant limb, and To Check Cardiac Function they underwent the Cooper Test ($r=0.95$).

RESULT: Pearson's correlation test was applied between Calf tightness value, Heart rate recovery, and rate pressure product, and a strong Positive correlation was found. ($r = +1$) and the P value is greater than 0.05.

CONCLUSION: There was strong Positive correlation was found between Peripheral heart insufficiency and cardiac function. As the P value was more than 0.05, we cannot say that the result is statistically significant.

EVALUATION OF SLEEP APNEA RISK AMONG POPULATIONS WITH DIVERSE RISK FACTORS

AUTHOR: Shailaja

BACKGROUND: Obstructive Sleep Apnea (OSA) is a sleep disorder characterized by repeated airway collapse, leading to episodes of apnea (breathing pauses >10 seconds) and hypopnea (reduced ventilation >10 seconds). These interruptions cause disrupted sleep, excessive daytime sleepiness, loud snoring, and choking or gasping during sleep. The severity of OSA is measured using the Apnea-Hypopnea Index (AHI), which records the number of events per hour.

OBJECTIVE OF THE STUDY: The objectives of the study are as follows:

- To measure obesity: Body Mass Index (BMI) will be used as key indicator to assess obesity & its association with sleep apnea.
- To assess body composition: Body composition analysis will be utilized to evaluate central body fat distribution, which is a significant factor in the development of sleep apnea.
- To measure neck circumference: Girth measurements will be taken to assess the neck circumference, a well-established risk factor for sleep apnea.
- To evaluate comorbidities and risk factors:

History taking will be conducted to evaluate the presence of conditions such as diabetes, hypertension, thyroid disorders, and snoring. Genetic predisposition will be assessed through family history. Smoking history, alcohol consumption before sleep, and menopausal status will also be recorded. Nighttime nasal congestion will be noted as a potential contributing factor to sleep apnea. improved health outcomes.

METHODOLOGY: The study aimed to evaluate the chances of sleep apnea among different risk factor populations by examining established risk factors in detail and assessing suspected risk factors. An observational study was conducted, involving 100 participants selected randomly from the general population of Anand district. Information regarding comorbidities and risk factors was gathered through a history-taking questionnaire, with confirmation through laboratory reports and physician assessments. To measure the level of sleep apnea, the Epworth Sleepiness Scale was used. For the assessment, we utilized a tool that measured various health parameters, including body composition, BMI (kg/m^2), blood pressure (mmHg), pulse (bpm), SpO_2 (%), breaths per minute, random blood sugar levels, body frame size, body fat analysis, and neck girth (cm). This methodology enabled a comprehensive evaluation of the risk factors associated with sleep apnea, as well as their correlation with various health indicators. of sleep apnea among different risk factor populations.

RESULT: According to the results, 66% of the population were obese, 36% had higher neck girth, 9% had diabetes (DM), 24% had hypertension (HT), 9% had hypothyroidism, 7% were smokers, 5% consumed alcohol, 20% had nasal congestion or allergies, 10% were stressed, and 8% had a hereditary risk.

A STUDY TO COMPARE USE OF DIFFERENT WALKING-AIDS IN ACUTE STROKE SUBJECTS: A PILOT STUDY

AUTHORS: Rahul Chhatlani, Dr Ashish Kakkad, Marwadi University

INTRODUCTION: Stroke survivors often require walking aids to assist with ambulation. This exploratory study aimed to design and test a predictive model for prescribing walking aids in stroke subjects.

METHODOLOGY: Seventeen stroke subjects from a rehabilitation center in Rajkot, India was included. Factors including age, balance, dominant and affected side, comorbidities, motivation, fear of fall, economic status, spasticity, Brunnstrom grading, proprioception, visual limitation, ability to walk, ADL, and subject preference were measured using various scales and tests. SPSS version 23 was used for statistical analysis.

RESULTS: Results showed a significant correlation between motivation and the need for walking aids ($p=0.035$). Fear of fall ($p=0.013$) and proprioception ($p=0.025$) also showed significant correlations. The predictive model for prescribing walking aids was developed based on the results.

CONCLUSION: This exploratory study identified several factors that can predict the need for walking aids in stroke subjects. Motivation, fear of fall, and proprioception were found to be significant predictors. The predictive model developed in this study can be used by clinicians to prescribe appropriate walking aids for stroke survivors. Further research with a larger sample size is recommended to validate the model.

EFFECT OF THE SURYANAMSKAR ON PAIN, FLEXIBILITY AND DISABILITY IN PATIENT WITH CHRONIC KNEE OSTEOARTHRITIS – AN EXPERIMENTAL STUDY

AUTHOR: Patel Nishthaben Rajeshbhai, Shree Swaminarayan Physiotherapy College, Kadodara

BACKGROUND: Osteoarthritis is a chronic, prevalent disease that can lead to disability. Signs and symptoms are joint pain, tenderness, crepitus, stiffness, and limitation of movement with occasional effusion. There have been studies in the past demonstrating significant conventional physiotherapy exercises benefits in chronic knee osteoarthritis.

The need of study will add on the literature on the health benefit of the Suryanamashkar in patients with chronic knee osteoarthritis.

OBJECTIVE: To evaluate the effectiveness of Suryanamskar combined with conventional treatment for relieving pain, disability and improve flexibility in patients with chronic knee osteoarthritis by using outcome measures which are, visual analogue scale, the western Ontario and McMaster universities osteoarthritis index and sit & reach test.

METHODOLOGY: An experimental study done on 58 patients. patients were randomly assigned to experimental and control group. The measurements were taken at baseline & immediately after 4 weeks of intervention. Normality was checked through Kolmogorov-Smirnov test & data were not normally distributed. so, Wilcoxon signed rank test used for within group and Mann Whitney test used for between group analysis.

RESULT: The result was Significant at 95% of confidence interval. So, there is significant difference within pre-post VAS, pre-post WOMAC & pre-post sit & reach test. while in between group, significant result between pain (0.018) & disability (0.019) but not in flexibility (0.051).

CONCLUSION: This study concludes that the Suryanamskar is effective for improving pain & reducing disability but not effective to improve flexibility.

INFLUENCE OF DIAPHRAGMATIC BREATHING TRAINING ON CERVICAL MOBILITY, SHOULDER MOBILITY, AND PAIN IN CHRONIC NECK PAIN PATIENTS

AUTHORS: Dr Pratik Desai, Dr Rahul Chhatlani, Shree Aryatej Institute of Physiotherapy, Morbi

BACKGROUND: Chronic neck pain (CNP) is associated with altered breathing mechanics, increased upper trapezius overactivity, and restricted cervical and shoulder mobility. Diaphragmatic breathing training (DBT) may enhance neuromuscular control, reduce muscular tension, and improve mobility, yet its effectiveness in CNP rehabilitation remains underexplored.

OBJECTIVE: To assess the impact of a four-week DBT program on cervical and shoulder mobility and pain in individuals with CNP.

METHODOLOGY: Sixty CNP patients (aged 25–50 years) were randomly assigned to DBT Group (n=30) or Conventional Physiotherapy (CP) Group (n=30). The DBT Group performed diaphragmatic breathing exercises (4 sets of 10 breaths, twice daily) alongside routine neck stretching, while the CP Group received only conventional stretching and mobility exercises. Cervical range of motion (CROM), shoulder mobility (goniometry), and pain levels (VAS scale) were measured at baseline and post-intervention (4 weeks). Paired t-test and ANCOVA were used for statistical analysis.

RESULTS: The DBT Group showed significant improvement in cervical flexion ($p < 0.01$), extension ($p < 0.05$), and rotation ($p < 0.01$), with moderate increases in shoulder flexion ($p < 0.05$) and abduction ($p < 0.05$). Pain levels significantly decreased ($p < 0.01$) as measured by the VAS scale.

CONCLUSION: DBT significantly improves cervical mobility and reduces pain in CNP patients, with moderate gains in shoulder mobility. These benefits likely result from enhanced postural control and reduced upper trapezius tension. Given its cost-effectiveness, DBT should be integrated into routine physiotherapy for CNP. Further studies with long-term follow-up are recommended.

ASSOCIATION OF FEAR AVOIDANCE, KINESIOPHOBIA AND CENTRAL SENSITIZATION WITH PAIN & DISABILITY IN PATIENTS WITH SHOULDER IMPINGEMENT SYNDROME – A CORRELATION STUDY

AUTHOR: Dr. Unnati Brahmakshatriya, Shree Swaminarayan physiotherapy college, kadodara, Surat

BACKGROUND: Shoulder impingement accounts for 44–65% of shoulder complaints. To cope with a painful condition, patients can use adaptive strategies. This may explain the mismatch between the pain experienced by patients and the extent of injury at the subacromial space commonly found in patients with SIS. These variables may affect the pain intensity, disability of the patient with SIS.

So, the need of the study is to find the association of fear avoidance, Kinesiophobia and central sensitization with pain and disability in patients with shoulder impingement syndrome.

OBJECTIVE: The objective of the study was to determine the association of fear avoidance (FACS-G), Kinesiophobia (TSK-G) and central sensitization (CSI-G) with pain (VAS) and disability (SPADI) in patients with shoulder impingement syndrome.

METHODS: In the present correlation study, patients with shoulder impingement syndrome were included. Fear avoidance, Kinesiophobia, central sensitization, pain intensity, disability was measured by Gujarati version scales. Statistical analysis was done by using SPSS 20 version. Normality was checked by Kolmogorov test. Spearman's rank correlation coefficient test was applied for correlation between variables at $p < 0.05$.

RESULT: There were statistically significant positive correlation exists between FACS and VAS score ($\rho = 0.417$), FACS and SPADI score (0.716), TSK and VAS score ($\rho = 0.349$), TSK and SPADI score ($\rho = 0.506$), CSI and VAS ($\rho = 0.408$), CSI and SPADI score ($\rho = 0.717$).

CONCLUSION: In the light of these results, it is recommended that clinicians supplement their assessment with FACS, TSK and CSI in patients with shoulder impingement syndrome for improved decision-making treatment.

FIND OUT THE PRACTICE OF PHYSIOTHERAPISTS TOWARDS PROMOTION OF HEALTH IN THEIR CLINICAL PRACTICE – A QUALITATIVE STUDY

AUTHORS: Dr. Rajan Desai, Dr. Nishad Siddharth, Dr. Shubham Jha

BACKGROUND AND OBJECTIVE: Practice of physiotherapists regarding their role towards health promotion is more efficient process for awareness amongst general population. The study will serve to identify gaps (if any) between the accepted practice of health promotion and the actual practice. It will serve as a platform to introduce the necessary changes into the curriculum of physiotherapy in order to integrate health promotion into the practice of physiotherapy.

METHODOLOGY: Observational study was carried out on randomly selected 208 Physiotherapist of various colleges, private clinical setups and hospitals of Surat city. Sub scale of KAP was assessed which was previously used in South Africa. Each correct answer was given a credit and scores for each section were calculated individually.

RESULT: Result of the present study showed that highest response rate of 72.11% (150/208) was from the age group 21-30 years, compared to males the biggest response 84.13% (175/208) was received from females. So in our study we found that 85.59% of physiotherapist are Practice health promotion and 14.4% are unaware about it.

CONCLUSION: The study conclude that physiotherapist have a desirable practice about the health promotion but it is require improvement in acquiring more knowledge and it need to change the attitude towards health promotion so more physiotherapists will be able to practice health promotion actively.

EFFECTIVENESS OF MANUAL THERAPY IN PATIENTS WITH OBSTRUCTIVE AIRWAY DISORDERS – A SCOPING REVIEW

AUTHORS: Dr. Dinkey Mankad, Dr. Tejas R Chokshi, Dr. Kalpesh Satani, Sumandeep Vidyapeeth, Vadodara

BACKGROUND: Obstructive airway disorders refers to a group of conditions that causes obstruction of the flow of air within the lungs which includes Chronic bronchitis, Emphysema, Asthma and others. Manual therapy (MT) has been proposed in pulmonary rehabilitation programmes for patients with obstructive airway disorders(OAD).

AIM: To systematically review the effectiveness of MT interventions, alone or added to exercise, on lung function, exercise capacity and quality of life in OAD patients.

METHOD: According to PRISMA guidelines A literature search was carried out on MEDLINE, EMBASE, PEDRO, and Cochrane Central Register of Controlled Trials databases, using the terms: OAD, COPD manual therapy, joint mobilization, osteopathic manipulation with a key databases up until May 2024. The primary outcomes comprises lung function and exercise capacity. Secondary included symptoms, quality of life, and adverse events.

RESULT: Out of 555 articles screened, 13 articles met all of the inclusion criteria and were included in the review: 10(RCTs), and 3 Experimental studies were included. Total n=553 participants were included ranging in age from 55-85 years. Interventions Included; osteopathic manipulative therapy(OMT) massage, manual soft tissue release, diaphragm release, MFR and Random effects meta-analysis was executed to pool the effects along with a 95% CI.

CONCLUSION: Manual therapy(MT) techniques can improve the quality of life, lung function and exercise capacity, respiratory symptoms and reduce adverse events and can be used as an additional resource in the treatment of patients with obstructive airway disorders.

UNDERSTANDING THE DEVELOPMENT OF CLINICAL PRACTICE GUIDELINES IN PHYSIOTHERAPY

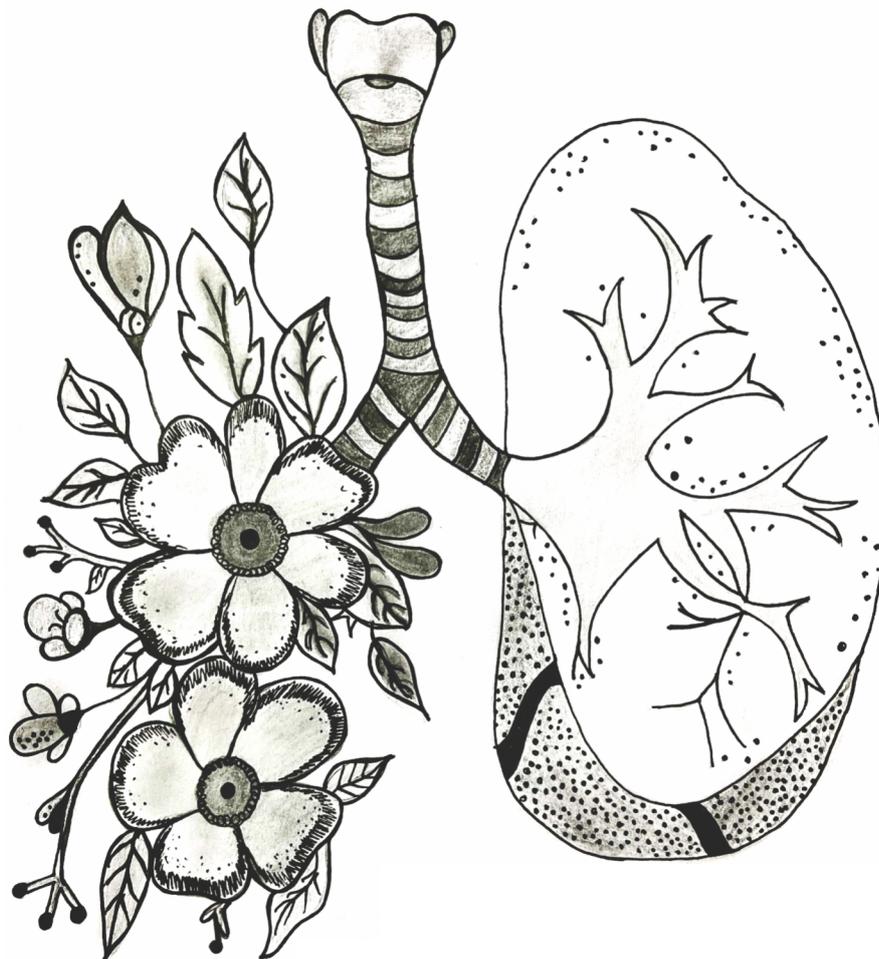
AUTHOR: Bhumika R. Chaudhari, M. B. Gohil Institute of Medical Science & Research Center, Navsari

INTRODUCTION: Clinical practice guidelines (CPGs) are statements that include recommendations intended to optimize patient care that are informed by a systematic review of evidence and an assessment of the benefits and harms of alternative care options. They enable physiotherapists to understand the current state of evidence and to apply it in clinical decision-making. However, many therapist may not fully understand how these guidelines are developed and implemented. The American Physical Therapy Association (APTA) through its manual can provide guidance for developing CPGs by describing a consistent and reliable process.

MAIN DISCUSSION: The presentation includes the step-by-step process of developing CPGs, focusing on:

- The role of organizations like the American Physical Therapy Association (APTA) in developing high-quality and trustworthy CPGs
- Key factors influencing guideline strength: Systematic reviews, level of evidence, and critical appraisal
- Specific criteria used to determine the strength of a recommendation

CONCLUSION: By understanding how CPGs are developed, physiotherapists can better understand the process, interpret evidence and related recommendations. CPGs can serve as the most effective physiotherapy management guidance for therapists by reducing unwarranted or ineffective practice variations, thereby improving health, quality of life, and overall quality of care.



COMPARISON OF SPECIFICITY OF HAND HELD DYNAMOMETER BETWEEN DOMINANT AND NON-DOMINANT HAND ON MEDIAN NERVE AMPLITUDE IN YOUNG ADULTS

AUTHORS: Dr. Pankti Shah (PT), Dr. Vaishali suthar (PT) PhD

BACKGROUND: Assessment of motor nerve amplitude is a proven diagnostic tool in the testing of peripheral motor recruitment, and its electrophysiological parameters help to characterize and quantify the motor functions in the large myelinated fibers of peripheral nerves. Whereas hand dynamometer is another clinical diagnostic tool to measure the motor recruitment of those gripping muscles.

NEED OF THE STUDY: Combined effects of clinical and electrophysiological parameters on motor recruitment are yet not proven so here the need arises to find out its specificity in dominant and non-dominant hand.

OBJECTIVES OF THE STUDY: To compare the specificity of hand held dynamometer between dominant and non-dominant hand on median nerve amplitude in young adults.

METHODOLOGY: 33 individuals aged 18-24 were assessed by giving supramaximal stimulus at the wrist and consequently measuring the grip strength by using hand dynamometer with maximum force. Both hands were tested alternately, and each force was recorded. Data was analyzed using SPSS Version 20.0.

RESULTS: Out of total participants 78.1% were right dominant & 21.9% were left dominant. The mean values of motor nerve amplitude and hand dynamometer strength measured by combined methods for dominant hand were 18.1mV and 19.9kgs and non-dominant hand were 19.7mV and 21.3kgs respectively ($p \leq 0.05$).

CONCLUSION AND CLINICAL IMPLICATIONS: The study showed that specificity of hand dynamometer in non-dominant on median nerve amplitude is more than dominant hand and combined method can help in assessing and diagnosing the peripheral motor recruitment with more accuracy.

TRANSLATION AND VALIDITY OF FOOT AND ANKLE ABILITY MEASURE (FAAM) SCALE IN GUJARATI VERSION

AUTHORS: Dhvani Gandhi, Dr Amit Patel, Ahmedabad, Gujarat

BACKGROUND: The Foot and Ankle Ability Measure (FAAM) is a self-report outcome instrument developed to assess physical function for individuals with foot and ankle related impairments. It is a 29-item questionnaire divided into two subscales: the Foot and Ankle Ability Measure, 21-item Activities of Daily Living Subscale and the Foot and Ankle Ability Measure, 8-item sports subscale. The Sports subscale assesses more difficult tasks that are essential to sport, it is a population-specific subscale designed for athletes.

NEED OF STUDY: Being a subjective scale FAAM must be available in different languages. No Gujarati version of the FAAM is available till now. The Gujarati version of this scale will become useful in Gujarati speaking population.

METHODOLOGY: The translation process is conducted into three phases: Translating from English to Gujarati, back translating from Gujarati to English, and refining the translating with the assistance of experienced translators. A harmonized scale was prepared incorporating necessary corrections.

RESULTS: In the validation process of the Gujarati version of FAAM, total of 29 questions existed. Validity of the scale was calculated using face validity and content validity.

CONCLUSION: The Gujarati version of FAAM scale is valid tool to assess physical function for individual with foot and ankle related impairments in Gujarati speaking populations.

ETHICAL APPROVAL: Obtained from Institutional Ethical Committee Board.

TRANSLATION AND VALIDATION OF OXFORD KNEE SCORE IN GUJARATI VERSION

AUTHORS: Nai Vishwa, Dr. Hemal Patel, JG college of Physiotherapy, Ahmedabad, Gujarat

BACKGROUND: The Total Knee Replacement (TKR) is a common surgical procedure for individuals with advanced knee osteoarthritis. This condition significantly impacts pain levels, range of motion, and functional abilities. The Oxford knee score (OKS) is a widely used tool to assess these changes, helping clinicians evaluate patients' outcomes post-surgery.

NEED OF STUDY: Since many patients in Gujarat speak Gujarati, translating OKS into Gujarati is essential for better understanding and accurate responses. Ensuring that the translated version is valid and reliable will help maintain its accuracy in measuring knee function and pain. A validated Gujarati OKS will improve patient assessment and rehabilitation outcomes, ultimately leading to better post-TKR management.

METHODS: The translation and validation process is conducted in three phases: translating from English to Gujarati, back-translating from Gujarati to English, and refining the translation with the assistance of experienced translators. A harmonized scale is formed with correction.

RESULTS: In the validation process of Gujarati version of OKS, 12 questions and 5 points Likert scale. Validity was ensured through face and content validity, confirming clarity and relevance.

CONCLUSION: The Gujarati version of the Oxford Knee Score (OKS) is a valid tool for assessing knee function in patients undergoing total knee replacement (TKR).

ETHIC'S APPROVAL: YES

TRANSLATION AND VALIDATION OF THE BACK PAIN FUNCTIONAL SCALE (BPFS) IN GUJRATI

AUTHORS: Hetvi Shah, Dr Apeksha Vaghasiya

BACKGROUND: Low back pain (LBP) is a prevalent musculoskeletal condition that leads to disability, reduced quality of life, and daily activity limitations. Assessing functional impairment due to back pain is crucial for effective clinical management and rehabilitation. The Back Pain Functional Scale (BPFS) is a widely used tool to assess functional limitations caused by back pain.

NEED OF STUDY: For accurate use in different populations, the BPFS needs to be culturally adapted and validated. Currently, no validated Gujarati version of the BPFS exists. Given the large Gujarati-speaking population, this study aims to translate and validate the BPFS in Gujarati, ensuring its reliability and applicability for both clinical and research use.

AIM AND OBJECTIVE: The aim of this study is to translate the English version of the Back Pain Functional Scale (BPFS) into Gujarati and evaluate its validity.

METHOD: The translation and validation was conducted via 3 phases: translating from English to Gujarati, back-translating from Gujarati to English, and refining the translation with the assistance of experienced translators. A harmonized scale is formed with correction.

RESULT: In the validation process of Gujarati version of BPFS, 12 questions with 5 point Likert scale existed. The validity of the scale was calculated by face validity and content validity.

CONCLUSION: The Gujarati version of Back Pain Functional Scale (BPFS) is valid for assessing functional limitations in individuals with low back pain.

KEYWORDS: Translation, BPFS, Validity, Low back pain

ETHIC'S APPROVAL: Yes

ASSESSING THE PREVALENCE OF LOW BACK PAIN AMONG WORKING WOMEN USING QUEBEC BACK PAIN DISABILITY SCALE IN AHMEDABAD

AUTHORS: Kira Parekh, Dr Mansee Desai, Ahmedabad, Gujarat

BACKGROUND: Low back pain is the commonest musculoskeletal disorder affecting every socioeconomic group of the world's population. The lifetime risk of developing low back pain is about 60%–80%. Epidemiological studies on low back pain in India mainly focus on specific occupations, making it difficult to compare data globally. Thus, further general population observational studies are recommended which outstrip prevalence. The endeavour of working women to integrate, organize and balance the diverse troubles and natural actions in their different roles simultaneously puts them under enormous pressure.

NEED OF THE STUDY: The purpose of the study is to take into account the functional limitations related to pain, to monitor the progress of individual women and to assess the evolution of LBP aspects.

OBJECTIVE: The objective of the study is to find the prevalence of low back pain among working women in Ahmedabad.

METHODOLOGY: This observational study was carried out at Ahmedabad. Questionnaire containing THE QUEBEC BACK PAIN DISABILITY SCALE (QBPDS) was distributed among different women of various ages and working in different occupation with different time constraints. The responses of 20 different parameters are rated between 0–5 (Likert scale) and recorded for assessment of the prevalence.

RESULT: The result of the study was calculated using Microsoft Excel 2016. The prevalence was 46.10% of low back pain among working women. It indicates that the prevalence of LBP was moderate in working women regardless to their specific occupation.

CONCLUSION: This study concludes a moderate prevalence of low back pain among working women, underlining the significance of awareness and work-life balance. It advocates for a holistic approach to body care to prevent further issues like low back pain and other deformities.

AN ANXIETY LEVEL OF DIFFERENT SPORTS PLAYERS OF AHMEDABAD, GUJARAT: A PILOT STUDY

AUTHORS: Tanveer Shaikh, Dipali Rana, SKUM college of physiotherapy, Ahmedabad

INTRODUCTION: There is much appraisal, demand, awareness of sports around the world. Athletes must be fit to play game and also anxiety takes a crucial role in sports. The success of any sport is not possible only through talent, it requires handling the pressure controlling one's worries. Different factors can affect anxiety level of athletes & it's important to identify it so anxiety can better managed.

AIMS & OBJECTIVES: To identify anxiety level of different sports and to compare it.

METHODOLOGY: Male athletes of age group 18 to 28 selected and consent taken from them. According to inclusion and exclusion criteria they divide into 4 group. Group – 1: basketball player, Group – 2: football player, Group – 3: tennis player, Group – 4: cricket player. Their anxiety level assessed by SCAT – Sports competition anxiety test scale. At the end SCAT score checked and compare between sports.

RESULT: SCAT score mean value of basketball player :18.4, tennis player: 18.2, football player:14.5, cricket player:13.5. Cricketers having least SCAT score and basketball player having highest.

DISCUSSION: We have assessed anxiety level and compared with each group which shows that in some sports is low while in some its average and we try to find out reasons behind it. The level of anxiety depends on their age, profession, hours of practice, contact sports, non-contact sports etc.

CONCLUSION: Anxiety level of cricketers is less as their practice hours are maximum compare to others. This study can guide their coach & will help the players to enhance performance of the game.

IMPACT OF PLACEBO AND NOCEBO EFFECTS ON PAIN AND FUNCTION AMONG PATIENTS WITH LOW BACK PAIN

AUTHORS: Jimil Vadnagra, Dr. Nehal Shah

BACKGROUND: Low back pain (LBP) is a common musculoskeletal condition that impacts quality of life, productivity, and healthcare costs. Placebo effects arise from a positive healthcare context, while nocebo effects result from a negative one.

NEED OF THE STUDY: Measuring the nocebo effect in physiotherapy can be challenging. It is crucial to establish open communication with patients to identify any negative expectations that may contribute to the nocebo effects.

OBJECTIVE: To investigate the role of nocebo and placebo effects on pain and function in patients with low back pain undergoing physiotherapeutic interventions.

METHODOLOGY: A study included 48 patients with mean age (54.1±15.2 years) with low back pain visiting the OPD. Initial assessments for pain and function were conducted. Patients received one week of treatment from their physiotherapists. Afterward, they were interviewed about placebo/nocebo effects using 26 self-generated questions covering various domains like Physiotherapist features, Patient features, Physiotherapist-Patient relationship, Treatment, and Healthcare setting. Pain (NPRS) and function (MODI) were reassessed after the week of treatment.

RESULT: Data was analysed using SPSS version 20. Patients showed significant score reductions across various domains, indicating greater impact in areas with lower scores: Healthcare setting (99%), Patient features (86%), Physiotherapist-Patient relationship (75%), Physiotherapist features (74%), and Treatment features (39%). Spearman's correlation test was applied to find out correlation between NPRS and Placebo/Nocebo showed weak positive correlation ($r=0.124, p \text{ value} > 0.05$) and that between MODI and Placebo/Nocebo showed weak positive correlation ($r=0.130, p \text{ value} > 0.05$).

CONCLUSION: The study concluded that while descriptive analysis showed reductions in scores across various domains, implying a negative impact, the weak correlation between Placebo/Nocebo effects and outcomes suggests that other factors, beyond the Placebo/Nocebo effects, might have influenced these changes.

CORRELATION BETWEEN DYNAMIC BALANCE AND AGILITY IN VOLLEYBALL PLAYERS

AUTHORS: Jyoti Solanki, Dr. Rajeshwari Gadhavi

BACKGROUND: Volleyball is one of the most globally popular sports, played by approximately 80 million people worldwide. Dynamic balance refers to maintaining equilibrium during motion. Agility skill is defined as quick movement of the body in response to a stimulus as well as the ability to rapidly change the movement direction.

NEED OF STUDY: In volleyball - specific activities, such as running, jumping, and landing on the ground, the ball blocks, and spikes, must be combined with agility and fast movements, putting a strain on the musculoskeletal system. So need arises to check correlation between dynamic balance and agility in volleyball players.

OBJECTIVES: To correlate the dynamic balance and agility in volleyball players

RESULT: The data analysed by Pearson's correlation coefficient, and the result shows that there is $r \text{ value} = 0.234$ and $p = 0.2126$. Mean of mSEBT is (84.930 +1.671) and Mean of hexagonal agility test is (17.758 +0.896). So there is weak positive correlation between mSEBT and HAT.

CONCLUSION: There is weak positive correlation between the dynamic balance and agility. This study suggests that improvements in dynamic balance may not directly enhance agility.

PREVALENCE OF WORK-RELATED MUSCULOSKELETAL DISORDERS AND QUALITY OF LIFE AMONGST SECURITY GUARDS IN AHMEDABAD CITY

AUTHORS: Kajal Taviyad, Dr. Bhoomi Chokshi

BACKGROUND: Musculoskeletal disorder is an important occupational health problem in many countries. Several work-related characteristics like prolong overstretched & awkward posture, repetitive movement, poor weight lifting techniques, psychological stressors have been identified as risk factors for WRMSDs.

NEED OF THE STUDY: Security guards spend almost their entire working hours in standing position. This put them at higher risks of hazards of prolong standing than any other occupation resulting in reduction in activity of daily life and work ability so the need arises.

AIM AND OBJECTIVES: To check the prevalence of work-related musculoskeletal disorder and quality of life amongst security guards in Ahmedabad city.

METHODOLOGY: First brief explanation of the procedure, 100 subjects selected according to inclusion & exclusion criteria. Data collected by using a modified Nordic musculoskeletal questionnaire and SF 12 questionnaire.

RESULT: Prevalence of WRMSDs amongst security guards were knee (67%), lower back (56%) upper back (49%), hip (43%), shoulders (42%), neck (34%), ankle/feet (33%), elbow (25) wrist/hand (10%). The quality of life amongst security guards were good health (34%), very good health (22%), excellent health (20%), fair health (43%), poor health (50%).

CONCLUSION: This study concludes that the most of the security guards are experiencing pain in knee, lower back, upper back, hip which affects their health and reduce overall quality of life.

PREVALENCE OF WORK-RELATED MUSCULOSKELETAL DISORDERS AND QUALITY OF LIFE AMONGST ASPIRANTS OF COMPETITIVE EXAMS IN GANDHINAGAR CITY

AUTHORS: Noopur Modh, Dr. Viral Chitara

BACKGROUND: Musculoskeletal disorders (MSDs) represent one of the most common and important occupational health problem in many countries. Several work-related characteristics like prolong overstretched and awkward posture, repetitive movements, poor weight lifting techniques, psychological stressors have been identified as risk factors for WRMSDs.

NEED OF THE STUDY: Students preparing for various competitive exams to get a deeper understanding on their social aspects, to identify the various factors responsible for their health and daily life. Physical stress during coaching includes poor study posture and sitting on chairs improperly in overcrowded classes for prolonged periods. It helps also to find the relatable factors in quality of life like income, duration of sleep, social media, parents support, mentor's support and their relation to the level of mental stress. So, the need arises for the study.

AIM AND OBJECTIVES: To check the prevalence of work-related musculoskeletal disorder and quality of life amongst aspirants of competitive exams in Gandhinagar city.

METHODOLOGY: First brief explanation of the procedure, 100 subjects selected according to inclusion & exclusion criteria. Data collected by using a modified Nordic musculoskeletal questionnaire and SF 12 questionnaire.

RESULT: Prevalence of WMSDs amongst aspirants of competitive exams were neck (67%), shoulders (56%), upper back (42%), wrist/hands (34%), elbows (25%), knees(15%), lower back(15%), hip/thighs(10%). The quality of life amongst aspirants of competitive exams aspirants were goof health (36%), very good health(22%), excellent health(20%), fair health(42%), poor health(50%).

CONCLUSION: This study concludes that the most of the aspirants of the competitive exams are experiencing pain in neck, upper back, elbow, lower back which affects their health and reduce overall quality of life.

IMMEDIATE EFFECT OF TWO DIFFERENT TYPES OF MUSCLE ENERGY TECHNIQUES ON HAMSTRING MUSCLE FLEXIBILITY IN COLLEGE GOING STUDENTS: A COMPARATIVE STUDY

AUTHORS: Khushbu Bhatt, Dr. Bhoomi Chokshi, Sharda college of Physiotherapy

BACKGROUND OF THE STUDY: Flexibility is crucial for sports performance and daily activities. The hamstring, a two-joint muscle, often tightens over time, impacting movement and raising injury risks. Muscle Energy Technique (MET), a manual therapy, helps reduce muscle tightness by using controlled muscle contractions against a therapist's counterforce, enhancing flexibility and function.

NEED OF THE STUDY: Variety of muscle energy techniques was described in the literature such as post isometric relaxation, reciprocal inhibition, isokinetic, isolytic, pulsed, slow-fast eccentric MET etc. by different authors. But very less literature is available regarding their efficacy over other. So the need arise to compare the effectiveness of PIR MET and pulsed MET to improve hamstring flexibility.

OBJECTIVES: To find out the immediate effect of two different types of muscle energy techniques on hamstring muscle flexibility in college going students.

METHODOLOGY: First brief explanation of the procedure, 40 subjects selected according to inclusion & exclusion criteria and allocated to two groups randomly. The written informed consents were taken. Participants in Group 1 and 2 were treated with PIR MET and Pulsed MET for hamstring muscle respectively. Active knee extension test was assessed at pre and post intervention.

RESULT: Statistical analysis was done using Microsoft Excel 2021 and level of significance was set at 0.05 at 95 % CI. Both the interventional groups showed improvement in hamstring flexibility immediately after the intervention (pre-post analysis – p value <0.05). However, in between group comparison PIR MET showed significant difference post intervention (p value <0.05).

CONCLUSION: PIR MET is more effective in improving hamstring flexibility in college going students.

SHORT TERM EFFECTS OF POSITIONAL RELEASE TECHNIQUE, DEEP TRANSVERSE FRICTION MASSAGE & HOLD RELAX ON PAIN & RANGE OF MOTION IN PATIENTS WITH SUBACUTE TRAPEZITIS–A PILOT STUDY

AUTHORS: Maitri Pankajbhai Parekh, Dr. Neha Modi

BACKGROUND OF THE STUDY: Trapezitis, commonly caused by overuse and faulty posture, leads to myofascial tender points, muscle spasms, restricted cervical spine range of motion, tenderness, and neck pain. This study aimed to compare the effectiveness of Positional Release Technique (PRT), Deep Transverse Friction Massage (DTFM), and Hold Relax in relieving pain and improving range of motion in subacute trapezitis.

NEED OF THE STUDY: Trapezitis is a common musculoskeletal condition causing neck pain and reduced range of motion. While studies have assessed the effects of PRT, DTFM, and Hold Relax individually, no research compares these techniques. This study aimed to evaluate which technique is most effective in reducing pain and improving neck range.

OBJECTIVE: To compare the effectiveness of PRT, DTFM and Hold relax on pain and ROM in patients with subacute trapezitis.

METHODOLOGY: In this study 12 participants with subacute trapezitis included and randomly assigned in to 3 groups. Group A(PRT), Group B(DTFM) and Group C(Hold relax) along with conventional physiotherapy for 3days/week for 2 weeks were given.

RESULT: Significant differences were observed both within and between groups (p<0.05). PRT showed more significant improvement in reducing pain and increasing range.

CONCLUSION: All three techniques effective in subacute trapezitis but PRT showed more improvement in reducing pain and increasing range of neck.

A COMPARATIVE STUDY BETWEEN PRIMAL REFLEX RELEASE TECHNIQUE AND MYOFASCIAL RELEASE TECHNIQUE IN CALF TIGHTNESS AMONG PHYSIOTHERAPY STUDENTS

AUTHORS: Dipali Rajeshbhai Nakum, Shree Swaminarayan Physiotherapy College, Surat

BACKGROUND: Calf tightness is a common issue among physiotherapy students due to prolonged standing, physical activity, or improper biomechanics. This study aims to compare the efficacy of the Primal Reflex Release Technique (PRRT) and Myofascial Release Technique (MRT/MFR) in alleviating calf tightness.

AIM: The aim of the study is to assess the calf tightness in physiotherapy students and to experiment between the PRRT and MRT.

OBJECTIVE: To evaluate and compare the effects of PRRT and MRT on calf muscle tightness in terms of range of motion, pain relief, and functional improvement.

METHOD: By used of inclusion and exclusion criteria, we have equally divided 22 people to in two groups. we gave (PRRT) to the first group and (MFR) to the second group. to 11 subjects we have given PRRT 10-15 taps in 2-3 sets in one session and to another 11 subject has given MFR technique for 5 to 7 repetition, with 15-20 sec hold.

RESULT: 22 patients enrolled in study & randomized in group: A and group: B. mean age of patients in group: A was [20.27±1.009] & group: b [19.91±0.839]. Normality was checked & data were not normally distributed [$p < 0.05$] so, there was a wilcoxon signed rank test used for within group analysis and Mann Whitney test used for between group analysis.

CONCLUSION: This study concludes that both techniques are effective in managing calf tightness, but PRRT more beneficial for immediate and better pain relief and improve flexibility of ankle dorsiflexion.

UNDERSTANDING CERVICAL ANGINA: A SURVEY ON PHYSIOTHERAPY AWARENESS

AUTHORS: Sumedha Kharche, Dr. Nisha Pathak

BACKGROUND: The study was put forward to spread knowledge and awareness about cervical angina. Cervical angina is a clinical condition where disorder of the cervical spine cause chest pain and other symptoms that mimic cardiac angina. Cervical angina is not related to heart diseases but overlooked for diagnosis.

AIM: To find out the awareness about cervical angina among physiotherapist.

OBJECTIVE: To find out the awareness about cervical angina by using cervical angina awareness questionnaire.

METHOD: A self made questionnaire was made and then pilot study was done among 10 participant to identify the liability of the questionnaire and the validity and reliability for the questionnaire was checked with the help of cronbacks alpha, thereby the following questionnaire was modified and then final awareness study survey was conducted.

RESULT: Out of the 50 participants 18% the interns, 50% are the clinical practionar, 12% are the MPT student 18% are academician and rest 2% are the PhD scholar.

CONCLUSION: Cervical angina is a rarely identified clinical condition which represents chest pain due to affection in cervical spine. According to the questionnaire all Medical personnel, including, clinical practitioner, MPT student, academician, and PhD scholar and interns are having 66% awareness about cervical angina. therefore concluding that there is awareness about cervical angina among the medical personnel. and to increase more awareness about cervical angina can be with the help of interview session and thinking on a wider aspect during diagnosing.

EFFECTS OF ENDURANCE TRAINING IN DEEP CERVICAL FLEXORS ON NECK PAIN AND RANGE OF MOTION USING PRESSURE BIO FEEDBACK UNIT IN COLLEGE STUDENTS: AN INTERVENTIONAL STUDY

AUTHORS: Rajvi Jaymin Vashi, SPB Physiotherapy College

BACKGROUND OF THE STUDY: Neck pain can be related to poor posture and weak deep cervical flexors muscles. Impaired deep cervical flexors muscle causes cervical problems. Therefore, this study evaluates the effectiveness of deep cervical flexors training with pressure biofeedback on pain and cervical range of motion.

NEED OF THE STUDY: There is lack of evidence on efficacy of endurance training on deep cervical flexors on neck pain and cervical range of motion using pressure biofeedback in college students. So, the need of the study is to evaluate the effectiveness of training with pressure biofeedback.

OBJECTIVE OF THE STUDY: To determine the efficacy of endurance training on deep cervical flexors on neck pain and cervical ROM using pressure biofeedback. To compare the effectiveness of endurance training with pressure biofeedback and conventional neck exercise on pain and cervical range of motion.

METHODOLOGY: In this experimental study, 30 subjects with chronic neck pain were included and randomly assigned in to 2 groups. Group A received only conventional therapy and Group B received: conventional therapy + pressure biofeedback training for 3 sessions per week for 4 weeks. The outcome used was NPRS for pain and cervical ROM.

RESULT: It showed that significant improvement observed in within group and between group analysis ($p < 0.05$). More improvement was observed in side flexion (Rt), neck extension in Group B as compared to group A.

CONCLUSION: Study concludes that the deep cervical flexors training with pressure biofeedback and training without pressure biofeedback both are effective but training with pressure biofeedback shows more improvement on pain and ROM in college students.

EFFECTIVENESS OF SELF-TRACTION ON PAIN, RANGE OF MOTION AND FUNCTIONAL PERFORMANCE IN PATIENTS WITH CERVICAL SPONDYLOSIS: A PILOT STUDY

AUTHORS: Gamit Nirali, Dr. Tanvi Banker

BACKGROUND OF THE STUDY: Cervical spondylosis is degenerative disorder in intervertebral disc progressing with age, commonly affects C5 to C7 level of cervical spine causing neck pain. 25% of adults under the age of 40 and 60% of those over the age of 40 are affected by CS. In CS, there is a reduction of joint space. So, traction directly helps in increasing the intervertebral joint space, which results in indirect stretching effect on muscles surrounding cervical spine, reduces pain and improves ROM effectively. The purpose of the study is to find out alternative cost-effective treatment by self-traction.

NEED OF THE STUDY: The need of the study is to find out alternative cost-effective option by self-traction.

METHODOLOGY: In this study 10 participants with CS with age 30-60 years received self-traction along with conventional physiotherapy intervention for 5 days/week for 4 weeks. Outcome measures used were pain (VAS), ROM (Goniometry) and functional performance (NDI).

RESULT: Self-traction along with conventional physiotherapy intervention shows significant improvement in relieving pain, improving ROM and functional performance in patients with cervical spondylosis.

CONCLUSION: Self-traction along with conventional physiotherapy intervention is effective in relieving pain, improving ROM and functional performance in patients with cervical spondylosis. So, self-traction can be added along with conventional physiotherapy intervention as an adjacent treatment

PREVALENCE OF LOW BACK PAIN AND IT'S PAIN INTENSITY AMONG GREEN GROCERS : A CROSS SECTIONAL STUDY

AUTHORS: Rajvi Pandya, Dr. Rachita Hada

BACKGROUND: Low back pain (LBP) is a widespread occupational issue, with an estimated prevalence of 42% to 83% in India. It is a musculoskeletal condition affecting the lower back, often linked to occupational risk factors such as heavy labour, poor ergonomics, prolonged sitting, etc.

NEED OF THE STUDY: LBP is common among workers engaged in physically demanding jobs, including green grocers. Their daily routine involves prolonged standing, sitting, heavy lifting, and repetitive bending, which contribute to muscle fatigue and poor posture, significantly increasing the risk of LBP. Additionally, the lack of ergonomic work conditions and improper lifting techniques further aggravate the problem, leading to chronic discomfort and functional limitations. Identifying its prevalence and severity is crucial to understanding the impact of occupational risk factors, developing targeted interventions, and implementing preventive measures to improve workers' musculoskeletal health and overall well-being.

METHOD: A cross-sectional study was conducted among 125 participants aged 18-60 years using convenience sampling. The Nordic Musculoskeletal Questionnaire was used to assess musculoskeletal pain over the past 12 months, its impact on daily activities, and whether medical assistance was sought. Pain intensity was measured using the Numeric Pain Rating Scale (NPRS).

RESULTS: Among 125 participants, 67% reported musculoskeletal pain, with a higher prevalence in males (70%) than females (30%). Low back pain (52.38%) was the most common condition, followed by upper back and knee pain (27.38% each), and neck pain (25%). Other reported issues included shoulder (21.40%), hip (15.47%), ankle (16.66%), wrist/hand (11.90%), and elbow pain (9.50%). Among 84 participants with musculoskeletal pain, 44 had low back pain, accounting for its 52.38% prevalence among green grocers. In terms of severity of pain, 29.23% had mild, 52.30% moderate, and 18.46% severe impact.

CONCLUSION: Low back pain had a 52.38% prevalence among green grocers, with a moderate impact on pain.

IMPACT OF REPEATED ANKLE MOVEMENTS ON BALANCE, FOOT FUNCTION AND PLANTAR-FASCIITIS RISK AMONG TAILORS

AUTHORS: Margi Pandya, Dr. Mayur Solanki, C M Patel College of Physiotherapy, Gandhinagar

BACKGROUND AND NEED OF RESEARCH: Plantar fasciitis, a common cause of heel pain, is often an overuse injury that may result from strain on the plantar fascia due to repetitive ankle movements. Tailors often engage in repetitive foot and ankle movements due to the nature of their work, including frequent use of foot treadle operated sewing machine along with prolonged sitting. Despite the high prevalence of these motions in their work, the combined impact of these factors on musculoskeletal health, particularly concerning balance, foot function, and the risk of plantar fasciitis, remains underexplored.

AIMS AND OBJECTIVES: To find out the impact of repeated ankle movements on balance, foot function and Plantar-fasciitis risk among tailors.

METHOD: The study was conducted in Gandhinagar, Gujarat, and included 42 tailors on the basis of selection criteria. Participants were assessed for balance, key clinical findings of plantar fasciitis following guidelines of APTA, ankle mobility, and foot function.

RESULT: 60% of tailors were found to be at risk for plantar-fasciitis, with those affected showing higher balance error scores (mean 24.32 ± 7.77), than unaffected individuals (mean 18.7 ± 5.65). Foot function index findings revealed that 24 %, 56% And 20 % individuals were affected in the 1-25%, 26-50% and 51-75% score ranges.

CONCLUSION: The findings suggest a significant prevalence of plantar fasciitis risk among majority of tailors, associated with impaired balance and moderate limitations in foot function. These results highlight the need for preventive strategies to address musculoskeletal health in individuals engaged in repetitive ankle movements.

RELATIONSHIP BETWEEN FUNCTIONAL MOVEMENT SCREEN AND LOW BACK PAIN IN ADOLESCENT CRICKETERS

AUTHORS: Zeel Patel, Dr. Nipa Shah, SBB college of physiotherapy

BACKGROUND: Functional Movement screen (FMS) is a screening tool commonly used to evaluate movement pattern and asymmetries. Low back pain is thought to be the most prevalent condition, which makes up 20% of all spine-related sports injuries. The bowling action in cricket is intense and repetitive, where high forces are being exerted, especially to the lower back. It has been demonstrated that the erector spinae are engaged during the delivery stride and follow-through phase of bowling to regulate trunk flexion. And also provide the necessary stability and power transfer during batting.

NEED OF THE STUDY: Muscle imbalances increase risk of injury so effective rehabilitative measures for cricket players depend on early identification of their injury risks.

OBJECTIVES OF THE STUDY: The objective is to assess the relationship between FMS scores and low back pain in adolescent cricket players.

METHODOLOGY: 69 cricketers participated in the study with mean age of 13.811 years. Movement pattern is assessed using Functional Movement screen (FMS) and low back pain was assessed using Oswestry Disability Index (ODI). Statistical Analysis was done using SPSS version 20.

RESULT: There is statistically significant negative correlation between FMS and ODI scores ($r = -0.673, p < 0.01$)

CONCLUSION: Monitoring of asymmetrical movement pattern can be done using FMS and based on that injury prevention program could be made for maintaining long-term career and health of cricketers.

CORRELATION OF CONCENTRIC STRENGTH OF HIP EXTENSORS WITH Y- BALANCE TEST AMONG RECREATIONAL MALE FOOTBALL PLAYERS

AUTHORS: Srushti Patel, Dr. Mayur Solanki

PURPOSE: Hip extension permits extensive motion, essential for football skills like running and kicking. Despite existing research on muscle strength and injury prevention, studies linking hip muscle strength to balance remain scarce, highlighting a critical gap in sports science.

RELEVANCE: Understanding the correlation between hip muscle strength and balance can enhance athletic performance and reduce injury risk in football players. Tailoring strength training programs to improve both aspects fosters comprehensive conditioning, promoting better efficiency and performance outcomes on the field.

PARTICIPANTS: This pilot study included 30 recreational male football players of Gandhinagar.

METHODS: Participants were assessed for balance and concentric strength of hip flexors and extensors using the Y-Balance Test and the HUMAC NORM Isokinetic Dynamometer respectively at NIOH Ahmedabad.

ANALYSIS: Statistical analysis was done using SPSS version 20.0. The normality of the data was checked and Pearson correlation coefficient was used to correlate between balance and hip strength.

RESULT: Results of the study found a positive weak correlation between balance and concentric strength of hip and extensors ($r = 0.172$) among participants.

CONCLUSION: The study concluded that balance is positively correlated with concentric strength of hip extensors among participants. The parameters of balance increased with increase in concentric strength of hip extensors.

VALIDATION AND RELIABILITY ASSESSMENT OF THE KNOWLEDGE AND DETERMINATION OF ARTIFICIAL INTELLIGENCE IN EDUCATION SYSTEM SCALE AMONG PHYSIOTHERAPY STUDENTS

AUTHORS: Prajapati Anjal R., Dr. Hetvi Dimothe

BACKGROUND: Artificial Intelligence (AI) is revolutionizing education, including physiotherapy training, by enhancing learning methodologies and clinical decision-making. Understanding AI's role in physiotherapy education is crucial for its effective integration into the curriculum.

OBJECTIVES: This study aims to establish the reliability and validity of the Knowledge and Determination of Artificial Intelligence in Education System Scale to measure AI awareness among physiotherapy students.

NEED FOR THE STUDY: As AI continues to shape healthcare education, understanding its impact on physiotherapy students is essential. A validated and reliable scale will help assess their knowledge, allowing educators to design AI-focused learning strategies.

METHOD: The validation process involved face validity, where experts reviewed the scale for clarity and relevance. Content validity was assessed through expert evaluations to determine the adequacy of items in measuring AI knowledge. Reliability analysis was conducted using SPSS version 21, applying Cronbach's alpha to assess internal consistency. A total of 100 physiotherapy students participated in the study by completing the Google Form questionnaire.

RESULTS: The scale demonstrated good validity and reliability. The Content Validity Index (CVI) was found to be 0.79, indicating acceptable content validity. Reliability analysis showed a high Cronbach's alpha coefficient of 0.907, confirming strong internal consistency.

CONCLUSION: The Knowledge and Determination of Artificial Intelligence in Education System Scale is a valid and reliable tool for evaluating AI awareness in physiotherapy education. Future research should explore its application across broader student populations.

CORRELATION OF CORE MUSCLE ENDURANCE WITH DYNAMIC BALANCE IN YOUNG VOLLEYBALL PLAYERS-(AN OBSERVATIONAL STUDY)

AUTHORS: Anshu Yadav, Dr Dhara Vaghela

BACKGROUND: The game of Volleyball requires the players to perform dynamic movements in receiving the ball and performing explosive movements in spiking and blocking and core stability as another criterion for evaluating the risk of injury. It is defined as an ability to control the trunk position on the pelvis in order to effectively produce and transfer force to extremities of the body during sports activities.

NEED OF RESEARCH: Correlation between core muscle endurance and dynamic balance in young volleyball players is for improving athletic performance and reducing injury risk. Understanding their connection can help create targeted training programs, promote safer training practices, and support the overall development of young athletes in volleyball.

AIM AND OBJECTIVE: To find out the correlation of core muscle endurance with dynamic balance in young volleyball players.

METHOD: The ethical approval was obtained from IEC, there were 60 young volleyball players age are [18-25] included according to the criteria and core muscle endurance was evaluated by using pressure biofeedback and dynamic balance evaluated by using Y balance test.

RESULTS: Data of the study show there is no significance correlation with core endurance muscle with dynamic balance in young volleyball player.

CONCLUSION: The result of the study concluded that there is no correlation existed between core muscle endurance with dynamic balance in young volleyball players.

PREVALENCE AND INTENSITY OF NECK PAIN AMONG GSRTC BUS DRIVERS: A CROSS-SECTIONAL STUDY

AUTHORS: Rushika Lalani, Dr. Rachita Hada

BACKGROUND: Musculoskeletal disorders (MSDs), especially neck pain, are prevalent among professional drivers due to factors such as long hours, prolonged sitting, repetitive motions, and poor posture. These factors significantly contribute to the development of such conditions. This study aims to assess the prevalence of neck pain among bus drivers in the Gujarat State Road Transport Corporation (GSRTC). The Nordic Pain Questionnaire (NPQ) will be used to evaluate the frequency, severity, and impact of neck pain and other musculoskeletal issues. The findings will provide insights into how these discomforts affect the drivers' daily activities.

NEED OF STUDY: Neck pain and musculoskeletal disorders are common among GSRTC bus drivers due to long hours, prolonged sitting, and repetitive motions. This study aims to assess the prevalence, severity, and impact of neck pain on drivers' health and performance. It will examine factors such as age, work hours, and pain intensity. The findings will help develop interventions to improve driver health and transportation efficiency.

MATERIALS AND METHODS: This cross-sectional study involved 152 GSRTC bus drivers. Participants completed the Nordic Pain Questionnaire to identify musculoskeletal pain in different body areas, including the neck. Demographic information, including age and working hours, was also collected. Pain intensity was measured using the Numeric Pain Rating Scale (NPRS). Drivers who reported neck pain were further examined to understand the duration and impact of this pain on daily activities and job performance.

RESULTS: In the study of 152 drivers, 64% (98 drivers) experienced musculoskeletal pain, with neck pain being the most commonly reported at 22%. The 36-45 age group showed the highest rate of musculoskeletal disorders (41%). Other common complaints included low back pain (28%) and knee pain (16%). Among the 22 participants with neck pain, 55% were in the 35-45 age range. Nearly half (45%) reported issues with daily tasks in the past 12 months, and 32% experienced difficulty in the past week. Pain intensity was categorized as moderate (45%) or severe (32%). Of the drivers, 55% worked 5-8 hours daily, and 45% worked 9-12 hours."

CONCLUSION: Musculoskeletal pain, particularly neck pain, is widespread among GSRTC bus drivers, with the highest prevalence observed in the 36-45 age group. A significant number of drivers reported difficulties performing daily tasks, and pain severity ranged from moderate to severe. Longer working hours appear to exacerbate neck pain, highlighting the need for effective interventions.

CORRELATION OF STATIC ARCH HEIGHT INDEX AND MOTOR PERFORMANCE AMONG THE CHILDREN WITH AGE BETWEEN 10 TO 13 YEARS

AUTHORS: Arpita Raval, Dr. Mayur Solanki, Gandhinagar

BACKGROUND AND NEED OF THE STUDY: Forces produced by the body are transmitted to the ground via the foot to generate forward propulsion in addition to supporting body weight. Variations in arch height can influence motor performance, including agility, balance, and overall performance. The impact of walking barefoot versus wearing shoes on children's foot mechanics and overall motor performance is an underexplored area. Understanding the effects of different walking practices on physical development is crucial.

AIMS AND OBJECTIVE: To find out the Correlation of Static arch height index and motor performance among the children with age between 10 to 13 years.

METHODOLOGY: total 38 participants were assessed for foot mechanics using static arch height index and for motor performance through lateral jump, long jump and 20m run. Results: The result of the study showed that there was weakly positive correlation between SAH and motor performance ($r = 0.17$) in children with barefoot, and weakly negative correlation ($r = -0.2$) in children with shoes.

CONCLUSION: The study concluded that there is weakly correlation between SAH and motor performance.

EFFECT OF DYNAMIC SOFT TISSUE MOBILIZATION VERSUS FOAM ROLLING ON HAMSTRING FLEXIBILITY IN COLLEGE-LEVEL FOOTBALL PLAYERS: A COMPARATIVE STUDY

AUTHORS: Kavita Pal, Dr. Pooja Vora

BACKGROUND: Football is a high-intensity intermittent team sport requiring speed, strength, agility, and endurance. Flexibility is a crucial factor influencing both athletic performance and injury prevention. Hamstrings, being biarticular muscles, are prone to tightness due to excessive eccentric loading, contributing to a decreased range of motion (ROM) and a heightened risk of injuries. Hamstring tightness can lead to recurrent injuries, prolonged recovery, increased healthcare costs, and compromised athletic performance. This study aims to assess the effectiveness of Dynamic Soft Tissue Mobilization (DSTM) versus Foam Rolling (FR) in improving hamstring flexibility among college-level football players.

NEED OF STUDY: Hamstring injuries are among the most prevalent non-contact injuries in football, accounting for approximately 17% of all injuries. Reduced flexibility has been identified as a primary risk factor. Collegiate football programs emphasize flexibility training as part of injury prevention strategies. While both Dynamic Soft Tissue Mobilization (DSTM) and Foam Rolling (FR) have been recommended for improving hamstring flexibility, limited studies have compared their relative effectiveness. This study seeks to fill this gap by evaluating and comparing their effects.

AIM OF THE STUDY: To compare the effects of Dynamic Soft Tissue Mobilization (DSTM) and Foam Rolling (FR) on hamstring flexibility in college-level football players.

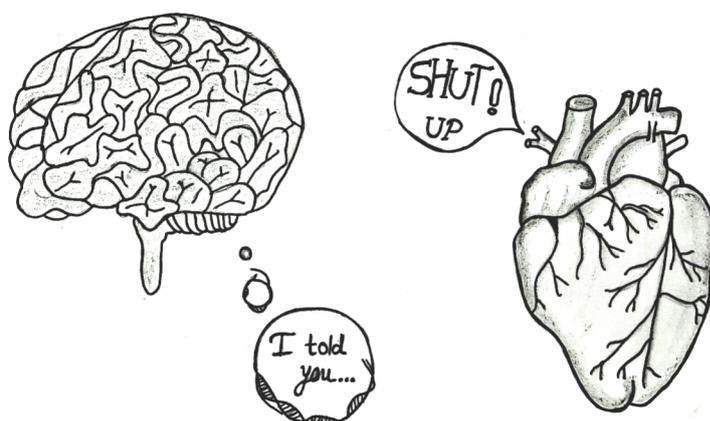
OBJECTIVES OF THE STUDY:

1. To evaluate the effect of Dynamic Soft Tissue Mobilization (DSTM) on hamstring flexibility using the Active Knee Extension (AKE) test.
2. To evaluate the effect of Foam Rolling (FR) on hamstring flexibility using the Active Knee Extension (AKE) test.
3. To compare the effectiveness of Dynamic soft tissue mobilization versus Foam rolling in improving hamstring flexibility.

METHODOLOGY: Forty four participants with hamstring tightness, were randomly allocated to group A receiving dynamic soft tissue mobilization and group B receiving foam rolling. Inclusion criteria :Age between 20-28 years ,Male college level football players , Players with hamstring tightness less than 20 degree of Active Knee Extension angle, Players who are willing to participate. Exclusion criteria was any history of lower extremity injury in past 3 months, Subjects involving in any sports and gymnasium activity, Acute or chronic hamstrings strain, limb length discrepancy and acute or chronic low back pain, Upper Motor Neuron lesion and Lower Motor neuron lesion. Total treatment duration consist of 4 weeks,3 session per week. Each treatment session comprised of 30 minutes. At baseline and post treatment active knee extension test was used to assess the hamstring flexibility.

RESULT: Foam roller shown significant improvement on hamstring flexibility($p < 0.001$). The pre test hamstrings flexibility of the dynamic soft tissue mobilization group was 32.5 ± 2.1 and the foam roller group was 33.1 ± 2.4 . The post-test hamstrings flexibility of the dynamic soft tissue mobilization group was 35.7 ± 2.0 and the foam roller group was 38.2 ± 2.3 .

CONCLUSION: This study concludes that both Dynamic Soft Tissue Mobilization (DSTM) and Foam Rolling (FR) effectively improve hamstring flexibility. However, Foam Rolling demonstrated superior improvements in flexibility. Therefore, Foam Rolling can be considered a more effective intervention for increasing hamstring flexibility in college-level football players.



THE IMPACT OF KETTLEBELL VERSUS BATTLE ROPE TRAINING ON GRIP STRENGTH IN RECREATIONAL TEN-PIN BOWLERS: A COMPARATIVE STUDY

AUTHORS: Vishakha Rvasant, Dr Rushi Gajjar

INTRODUCTION: Around 3200 BC, the game of bowling was first played in Egypt. The origins of modern bowling can be traced to the Netherlands in the 16th century. A solid cast-iron sphere with a broad handle fastened to the top is called a kettlebell. Exercises using battle ropes are excellent for improving athletic performance, strengthening muscles, and improving cardiorespiratory fitness. Increasing strength, power, local muscular endurance, and agility are just a few of the training objectives that can be achieved using battling rope routines. It's a difficult strategy to reduce body fat and lose weight by increasing energy expenditure.

NEED OF THE STUDY: The precise effects on bowler's grip strength are yet unknown, kettlebell and battle rope workouts provide dynamic and functional training advantages. For recreational bowlers, the result might inform evidence-based training suggestions. The purpose of this study is to examine how well combat rope and kettlebell workouts enhance these important physical characteristics.

METHODS: A comparative study was done on November 2024 in Gujarat population to assess hand grip strength in ten-pin bowler using handheld dynamometer intervention was kettlebell and battle rope training. Inclusion are both gender, willing to participate, age between 19 to 45. Excluded are hand injury and fracture prior to the study. I had collected data from the bowling centre from ahemdabad using patient information sheet. Participants was screened as per the inclusion criteria's informed written and verbal concern was taken and divided into two groups it's sample size was 30. 15 in each group.

OBJECTIVES OF THE STUDY:

1. To check the effect of kettlebell exercise on hand grip strength by handheld dynamometer in recreational ten-pin bowler.
2. To check the effect of battle rope exercise on hand grip strength by handheld dynamometer in recreational ten-pin bowler.
3. To compare the effect of kettlebell and battle rope on hand grip strength by handheld dynamometer in recreational ten-pin bowler.

RESULT: The study assessed the effect of kettlebell and battle rope training on hand grip strength in ten-pin bowlers. The findings from both sample groups indicated significant improvements in grip strength after the intervention.

Sample 1 (n = 11)

Mean Age: 34.00 years

Pre-Test Grip Strength: 48.27 ± 9.045 kg

Post-Test Grip Strength: 52.73 ± 9.951 kg

Improvement: 4.45 ± 2.544 kg

Paired t-test Results: $t = -5.807, df = 10, p < 0.001$

A statistically significant increase in grip strength was observed after training, confirming the effectiveness of the intervention in this group.

Sample 2 (n = 19)

Mean Age: 30.63 years

Pre-Test Grip Strength: 37.42 ± 11.052 kg

Post-Test Grip Strength: 43.21 ± 12.003 kg

Improvement: 5.79 ± 1.932 kg

Paired t-test Results: $t = -13.065, df = 18, p < 0.001$

This group also showed a statistically significant improvement in grip strength after the intervention.

CONCLUSION: The study aimed to assess the impact of kettlebell and battle rope training on hand grip strength in ten-pin bowlers. The results from both sample groups indicate a statistically significant improvement in grip strength post-intervention.

PREVALENCE OF WORK-RELATED MUSCULOSKELETAL DISORDER AMONG AHMEDABAD AMTS BUS CONDUCTORS – AN OBSERVATIONAL STUDY

AUTHORS: Palak Makwana

BACKGROUND: Work-related musculoskeletal disorders (WMSDs) develop in the musculoskeletal system over a prolonged period and may limit activities. As conductors do constant work for 8 to 10 hours with 1–2 breaks in between while working they are constantly standing posture needs to be factor contributing to his health status. To Aim of the study is prevalence of musculoskeletal disorder among Ahmedabad AMTS bus conductors.

NEED OF THE RESEARCH: The bus conductors job involves long hours of standing, constant movement between bus doors, issues tickets to passengers. and repetitive physical tasks, which can lead to musculoskeletal strain. These factors put conductors at risk for developing musculoskeletal disorders (MSDs), causing discomfort and health issues. So arises the need of the study.

OBJECTIVE OF THE STUDY: To find out the musculoskeletal disorder among AMTS bus conductors using Nordic musculoskeletal questionnaire

METHODOLOGY: An observational study involving 120 bus conductors aged 30 to 45 years male's bus conductors will be selected based on inclusion and exclusion criteria. Data will be collected using the Nordic musculoskeletal questionnaire.

RESULT: The result showed that the mean age of male's bus conductors was 36.38 years and SD was ± 7.75 . most commonly affected area was conductors knee (54.4%), low back (38.7%), ankle (30.7) shoulder (32%) had the highest 12-month prevalence rates and increased day by day.

CONCLUSION: The conductors prolong working hours in hazardous standing posture condition. Excessive work pressure and minimum rest between trips. Consequently, all those factors affecting their and work performance. Institute ethical committee approved this study.

FEASIBILITY STUDY ON THE ADOPTION OF SPLAN SMART GYM FOR DIVERSE FITNESS ENVIRONMENTS

AUTHORS: Dhvani Makwana, Dr Parth Trivedi, Gandhinagar, Gujarat

INTRODUCTION: "In today's fast-paced world, maintaining a consistent fitness routine can be a significant challenge. Traditional gym memberships often prove inconvenient due to time constraints, travel, and cost.. This presentation will explore the features and potential of the SPlan gym trainer, examining its feasibility as a comprehensive fitness solution for individuals." With advancements in fitness technology, smart gym systems like the SPlan Smart Gym Model Y are transforming strength training by integrating electronic counterweight technology, artificial intelligence (AI), and space-efficient designs.

METHODOLOGY: A study was conducted to evaluate the technical, economic, and user acceptance aspects. The technical feasibility was assessed based on installation adaptability, AI-driven resistance control (2–100 kg), and interactive coaching features. The economic feasibility compared initial investment, operational costs, and long-term financial benefits across different settings. The user feasibility involved a survey of 100 participants, including fitness enthusiasts, rehabilitation patients, corporate employees, and gym owners.

RESULTS: The SPlan Smart Gym demonstrated high adaptability, with 90% of commercial gyms and rehabilitation centers finding AI-driven training beneficial for structured workouts and progress tracking. Corporate wellness programs noted improved employee engagement due to its interactive and space-efficient design. However, installation in non-load-bearing walls and the learning curve for AI-based training were identified as key limitations.

CONCLUSION: The SPlan Smart Gym is a technologically advanced, cost-effective, and widely adaptable fitness solution suitable for homes, rehabilitation centers, corporate wellness programs, and commercial gyms.

IMPACT OF PLANK EXERCISES ON BALANCE, PROPRIOCEPTION, DYNAMIC STABILITY AND COORDINATION ACROSS DIFFERENT FITNESS LEVELS—AN EVIDENCE-BASED STUDY

AUTHORS: Isha Sharma, C.M Patel College of Physiotherapy, Gandhinagar, Gujrat

BACKGROUND: Balance, proprioception, dynamic stability and coordination are crucial for physical performance and injury prevention. Core stability plays a significant role in these functions, with plank exercises commonly used to enhance core engagement. Research suggests plank variations improve neuromuscular control, but there is no consolidated analysis of their impact across different fitness levels.

OBJECTIVES: Analyze the effects of plank exercises on balance, proprioception, dynamic stability, and coordination. Identify the most effective plank variations for different fitness levels. Provide evidence-based recommendations for incorporating planks into training and rehabilitation programs.

METHODOLOGY: A review of literature from articles of the past 20 years is conducted (2005–2025). Data-based searches were PubMed, Scopus, Google Scholar, and Sports Medicine Journals. Studies on plank exercises and their effects on balance, proprioception, stability and coordination. Participants from sedentary individuals to elite athletes and rehabilitation patients. Balance Tests: BESS, Y-Balance Test; Proprioception & Coordination Tests: Joint Position Sense Test, Star Excursion Balance Test; Dynamic Stability Assessments.

RESULTS: Static and side planks improved postural control, especially in older adults and sedentary individuals. Unstable surface planks enhanced proprioceptive awareness in athletes and rehab patients. Advanced plank variations showed better improvements in trained individuals. Side planks significantly improved neuromuscular coordination, especially in lower-body injury rehabilitation.

CONCLUSION: Plank exercises improve balance, proprioception, dynamic stability and coordination across fitness levels. Customizing plank variations ensures maximum benefits. Planks should be integrated into training and rehabilitation programs for better functional movement and injury prevention. Explore long-term effects and specific adaptations in different populations.

THE PREVALENCE OF FEMALE ATHLETE TRIAD IN FEMALE POLICE OFFICERS

AUTHORS: Khushi Himmatbhai Thakore, Nipa A Shah, SBB College of Physiotherapy, Ahmedabad

BACKGROUND: Female Athlete triad is a metabolic injury involving three distinct clinical traits: low energy availability, with possible eating disorder, low bone mineral density and menstrual dysfunction (MD). Female police officers should consider the complexity of the female athlete triad as well as the socio-cultural and psychological aspects of the female police officers. Early detection and intervention are mandatory to prevent the effects of the triad and improve their performance.

NEED OF THE STUDY: It has been proved that the female athlete triad has detrimental effects on female athlete, especially in lean and aesthetic sports women likewise female police officers may be at risk of female athlete triad.

OBJECTIVE OF THE STUDY: To determine the prevalence of female athlete triad in female police officers.

METHODOLOGY: Female police officers were recruited from different police stations of ahmedabad, gujarat. The prevalence of the female athlete triad was assessed with Low Energy Availability in Females Questionnaire (LEAF-Q). Associated factors like Age, BMI, training hours etc. were taken prior to questionnaire.

RESULTS: Out of 100 participants, 9% were having >8 score, therefore were placed in the "at risk" group. Among them 9% had a risk of injury, 24% had a risk of gastrointestinal dysfunction and 7% had a risk of menstrual disturbances.

CONCLUSION: There is 9% prevalence of female athlete triad in female police officers. Future studies should be done with nutritional information and effects of triad on psychological state of female police officers.

ASSOCIATION BETWEEN TWO WHEELER DRIVING TIME, NECK PAIN AND DISABILITY IN YOUNG INDIVIDUALS- A CROSS SECTIONAL STUDY

AUTHORS: Prachi Bhaveshkumar Modi, Dr. Bhaumi Dave

BACKGROUND: Neck pain is a common musculoskeletal issue affecting a significant proportion of the global population and occupational activities such as driving can cause or aggravate neck pain. Increased driving time causes altered postures which may even cause neck disability in longer duration.

NEED OF STUDY: The lack of adequate back support, poor road conditions, and the additional weight of helmets may contribute to musculoskeletal discomfort. By examining these factors, this study will determine whether prolonged riding time is correlated with an increased risk of neck pain and functional limitations.

OBJECTIVE: To find association between 2 wheeler driving time, neck pain and disability in young individuals.

METHODOLOGY: The sample size for study was determined based on a pilot study. 102 individuals aged 18–25 years with no history of cervical trauma, were recruited. Informed written consent was obtained. Data collection was facilitated through a structured proforma, which included demographic details, driving duration, distance travelled & helmet usage. Outcome measures are the Numerical Pain Rating Scale (NPRS) and the Neck Disability Index (NDI).

RESULTS: Normality of data was checked using Shapiro–Wilk test; as the data was normally distributed ($p < 0.05$) Chi-square was done. Statistically significant difference was observed between Driving time and NPRS ($p = 0.04$) but no difference was seen between Driving time and NDI ($p = 0.58$).

CONCLUSION: This study indicates a significant association between driving time and neck pain. However, no significant correlation was observed between driving time and disability. This suggests that disability is a multifactorial condition that cannot be attributed to a single factor.

CORRELATION BETWEEN BODY MASS INDEX, POSTURAL STABILITY AND FUNCTIONAL DISABILITY IN PATIENTS WITH CHRONIC LOW BACK PAIN

AUTHORS: Harsh Brahmhatt, Payal Gahlot, SBB College of Physiotherapy

BACKGROUND: Chronic low back pain (CLBP) significantly impacts quality of life, with research showing that higher BMI is linked to reduced postural stability and balance and increased Functional disability.

NEED: Postural stability is crucial for daily activities and fall prevention hence Understanding relationship between BMI, postural stability and functional disability is essential for better CLBP management.

OBJECTIVE: To explore relationship between BMI, Postural Stability and Functional Disability in CLBP patients.

METHODOLOGY: This cross-sectional observational study included 73 patients aged 30–60 with CLBP. Body Mass Index (BMI) was calculated as per WHO criteria. Static balance was assessed with One Leg Stand Test (OLST) with eyes open (EO) and eyes closed (EC), dynamic balance with Y Balance Test –Lower Quarter (YBT-LQ) in three direction and Functional Disability using modified Oswestry Disability Index (MODI). Statistical analysis was performed using SPSS v20 to calculate Pearson correlation coefficients and determine the relationships between variables.

RESULT: The findings demonstrate significant moderate and strong correlations: a notable negative correlation between BMI and Postural Stability (EO:- $r = -0.651$, EC:- $r = -0.622$ YBT-LQ:- $r = -0.602$, $p < 0.01$) a positive correlation between BMI and Functional Disability ($r = 0.562$, $p < 0.01$), and a negative correlation between Postural Stability and Functional Disability (EO:- $r = -0.667$, EC:- $r = -0.715$, YBT-LQ:- $r = -0.893$, $p < 0.01$).

CONCLUSION: This study highlights significant correlations between BMI, Postural Stability, and Functional Disability in Patients with CLBP. Increased BMI is strongly linked to reduced balance and increased functional limitations, while greater disability is associated with compromised postural stability.

CORRELATION BETWEEN MINDFULNESS AND COPING SKILLS IN YOUTH FOOTBALL PLAYERS

AUTHORS: Maksuda Vantiya, Dr. Nipa Shah

BACKGROUND: Mindfulness and coping skills are considered to be associated with optimal sport performance. Mindfulness is defined as paying attention to specific experiences in the present moment with awareness and without judgment. Coping skills are strategies to overcome the stress and maintain their performance in sports.

NEED: There is a gap in understanding the specific relationship between mindfulness and coping skills in football players, so it is necessary to find the relationship between mindfulness and coping skills in football players.

OBJECTIVES: To determine the relationship between mindfulness and coping skills in youth football players.

METHODOLOGY: A cross-sectional observational study, 50 youth participants were recruited from football academies of Ahmedabad. The Mindfulness Attention Awareness Scale (MAAS) and The Athletic Coping Skills Inventory-28 (ACSI-28) were taken using google form. Demographic data (age, BMI, sport experience) was taken. Data analysis done using SPSS v20 and Spearman's test.

RESULT: Spearman's correlation test was applied to find out correlation between mindfulness and coping skills which showed weak positive correlation ($r=0.252, p > 0.05$). There is no significant correlation between mindfulness and the components of the coping inventory, while coachability showed moderate correlation with mindfulness ($r=0.429, p < 0.05$).

CONCLUSION: This study suggested that there is very weak association between mindfulness and coping skills, while moderate association between mindfulness and coachability in youth football players. Promoting coachability can have positive effects not only on their athletic performance but also on their psychological resilience and emotional well-being. Coaches and clinicians should focus on strategies which enhance coachability.

CORRELATION BETWEEN SCAPULAR MUSCLE STRENGTH AND GRIP STRENGTH IN HEALTHY YOUNG ADULTS – AN OBSERVATIONAL STUDY

AUTHORS: Karishma Lalwani, Dr. K Vaithianadane, C. M. Patel College of Physiotherapy, Gandhinagar, Gujarat

BACKGROUND: Scapula plays an important role in the shoulder. Muscles such as the serratus anterior, rhomboids, and trapezius play an important role in scapular stabilization. Thus, these muscles were assessed in this study. Shoulder being proximal and grip being the distal-most component. Even though they are not directly connected, it will be of clinical importance to study their correlation to design an effective treatment program.

NEED OF THE STUDY: There are not many studies that highlight the importance of these two components concerning each other. Hence this study was conducted to find out if there is any correlation between shoulder girdle muscle strength and grip strength.

OBJECTIVE: To determine the correlation between scapular muscle and grip strength in healthy young adults.

METHODOLOGY: This was an observational study involving 111 subjects. The sample size was calculated by using G power software (version 3.1.9.2) with an input parameter of effect size 0.03. The participants were selected based on the selection criteria from a physiotherapy college. The participants in the age group 18–25 years with a normal range of motion were recruited. Exclusion criteria included participants with any recent fractures of the upper limb or any kind of limited shoulder range due to pain and or stiffness. Scapular muscle strength was assessed using microFET2, and grip strength was assessed by a Jamar hydraulic hand dynamometer.

RESULT & CONCLUSION: This will be presented directly in the paper presentation.

FEASIBILITY COMPARISON OF WIRED AND WIRELESS TENS UNITS FOR PAIN MANAGEMENT

AUTHORS: Falguni Bhilocha, Dr Parth Trivedi, C.M. Patel College of physiotherapy, Gandhinagar, Gujrat

BACKGROUND: Transcutaneous Electrical Nerve Stimulation (TENS) is a widely used non-pharmacological method for pain management. Traditional TENS units are wired, while newer models offer wireless functionality.

NEED OF THE STUDY: While both wired and wireless TENS units are available, a clear comparison of their practical usability is needed to guide patients and healthcare professionals in making informed decisions.

AIMS AND OBJECTIVES: This study aimed to compare the practical usability of traditional wired TENS units and newer wireless TENS units, focusing on factors such as ease of application, portability, user-friendliness, and overall patient satisfaction.

METHODOLOGY: A comparative study was conducted examining wired and wireless TENS units, evaluating the factors mentioned in the aims and objectives.

RESULT: The study found that while traditional TENS units are cost-effective, wireless TENS units offer greater convenience and flexibility due to the absence of wires. This enhances portability, potentially improving patient adherence by allowing TENS use during activities. However, wireless units may pose challenges related to electrode placement and battery life.

CONCLUSION: The study concludes that individual patient needs and preferences should be the primary consideration when selecting a TENS unit. These findings can assist healthcare professionals in advising patients on the most suitable TENS device for their specific needs and lifestyle.



IMPACT OF TRUNK MOBILITY EXERCISE ON SITTING BALANCE IN PEDIATRIC PATIENT WITH VANISHING WHITE MATTER DISEASE

AUTHORS: Nirali Dave, Dr. Adyata Dave

BACKGROUND: Leukoencephalopathy with vanishing white matter is a rare autosomal recessive disorder affecting the white matter of the brain incidence ranging from 1.2 to 3.01 per 100,000 persons per year. It typically manifests during childhood, with clinical features including sudden and severe neurological deterioration. A 9-year-old child with genetically proven autosomal recessive white matter disease, who manifested with seizures, aphasia, spastic quadriparesis and myoclonic jerks.

NEED OF THE STUDY: vanishing white matter disease individuals often experience severe weakness, particularly in trunk muscles, which can compromise their ability to sit upright and perform daily activities. However, limited research exists on the effectiveness of trunk mobility exercises in individuals with VWM.

METHODOLOGY: Before participating in the study, the participant's parents asked to sign an informed consent form. The outcome measure GMFM 88 & function in sitting test were taken as baseline and post training. patient received trunk mobility physiotherapy intervention for 4 days/week for 4-week duration.

OBJECTIVE OF THE STUDY: To find out the impact of trunk mobility exercises on sitting balance in pediatric patient with vanishing white matter disease.

RESULT: This results section outlines key improvements in trunk mobility, muscle strength, and overall functionality that could be expected from a trunk mobility exercise program in a patient with Vanishing White Matter disease.

CONCLUSION: These findings suggest that trunk mobility exercises could be a valuable intervention for individuals with VWM to help mitigate motor decline, improve functional abilities, and enhance quality of life.

SCREENING OF VESTIBULAR DYSFUNCTION IN POST STROKE INDIVIDUALS

AUTHORS: Lajja Patel, Dr. Zarna Ronak Shah

BACKGROUND: Stroke-induced damage to the brainstem, cerebellum or cortical regions can disrupt the vestibular system, leading to dizziness, vertigo and balance issues. Diagnosing vestibular dysfunction is complicated by symptom overlap with other stroke deficits. Early detection and targeted rehabilitation are vital to prevent falls, improve balance and optimize recovery outcomes. It ultimately enhancing recovery outcomes and quality of life.

METHODOLOGY: Study was conducted among 30 volleyball players between the age of 18 to 23 years. In that 12 female and 18 male enrolled in study according to the inclusion and exclusion criteria. All the study related information given to the volleyball player. Dynamic balance measured using modified star excursion balance test (mSEBT) and agility measured by using hexagon agility test (HAT).

NEED OF THE STUDY: The need of this study was to screen for vestibular dysfunction in post-stroke patients to enable early identification of balance and gait issues, thereby improving rehabilitation outcomes and reducing fall risk.

OBJECTIVE: The objective is to screen the post stroke patients for vestibular dysfunction.

RESULT: A total of 30 patients were included in the study, with a mean age of 45 years. Of these, 43.2% had vestibular dysfunction, comprising 5 females and 25 males. Among the patients, 8 had haemorrhagic and 22 had ischemic conditions. The Dizziness Handicap Inventory scores ranged from 8 to 82, with 23.3% of patients classified as mild, 50% as moderate and 26.6% as severe. Additionally, 15 out of 30 patients presented with gait and balance issues.

CONCLUSION: These findings emphasize the need for routine vestibular screening in post-stroke patients to enable early detection and intervention. Identifying vestibular dysfunction allows for tailored rehabilitation, improving recovery outcomes and enhancing the quality of care for stroke survivors.

IMPACT OF FOUNDATIONAL EXERCISE ON BALANCE IN PATIENT WITH CORTICO BASAL DEGENERATION: A CASE REPORT

AUTHORS: Riddhi Patel, Dr. Adyata Dave

BACKGROUND: Corticobasal degeneration (CBD) is a rare neurodegenerative disorder. The most common presentation of CBD is the corticobasal syndrome (CBS), which is a constellation of cortical and extrapyramidal symptoms and signs. Its incidence is estimated at 0.6–0.9/100,000/year and it represents 4–6% of patients with cortico basal degeneration. A 54-year-old male patient suffering from corticobasal degeneration. Difficulty in sit to stand without support, difficulty in balance maintaining while walking.

NEED OF STUDY: Corticobasal degeneration (CBD) is a progressive neurodegenerative disease that significantly impacts motor function, particularly balance and coordination. Individuals with CBD often experience falls, reduced mobility, and decreased independence, leading to a diminished quality of life. However limited research exist on the effectiveness of foundational exercise in individual with CBD.

OBJECTIVE: To find out the impact of Foundational exercise on coordination in patient with cortico basal degeneration.

RESULT: The patient's Mini-Balance Evaluation systems Test score improved from 15 at baseline to 20 post-interventions, suggesting a potential positive impact of the Foundational Exercise program on balance.

CONCLUSION: This case report provides preliminary evidence that a 3-week Foundational Exercise program may offer benefits for improving balance in individuals with Corticobasal Degeneration (CBD). The observed improvement in the Mini-Balance Evaluation Systems Test score suggests that these exercises may have a positive effect on balance control.

EFFECTS OF SAEBO GLOVE AND TASK-ORIENTED EXERCISE ON GRIP STRENGTH IN PATIENT WITH RIGHT FRONTAL MENINGIOMA

AUTHORS: Shivali Goswami, Dr. Adyata Dave, C M Patel College of Physiotherapy, Gandhinagar, Gujarat

BACKGROUND AND NEED OF THE STUDY: Meningiomas are the most common type of primary brain tumors, originating from the meninges. The right frontal lobe plays a crucial role in motor control, executive functions, and coordination. A tumor in this region can lead to motor deficits, including reduced grip strength and impaired hand function. The Saebo Glove is a rehabilitation device designed to facilitate hand function in patients with neurological impairments. It provides assistance in finger extension, enabling patients with weak grip strength to engage in functional tasks more effectively. Task-oriented exercises focus on improving motor performance through goal-directed and repetitive activities, which have been shown to enhance neuroplasticity and functional recovery in neurological conditions. Grip strength is a critical component of hand function, significantly impacting daily activities. Patients with right frontal meningiomas may experience weakness and impaired motor coordination, necessitating targeted interventions for hand rehabilitation. The combination of SaeboGlove and task-oriented exercises has not been extensively studied in this population, making this case study relevant to understanding their potential benefits. While SaeboGlove has been widely used in stroke rehabilitation, its effects on grip strength in brain tumor patients, particularly those with right frontal meningioma, remain underexplored. the purpose of the study is to evaluate the effects of saebo glove therapy and task oriented exercise on grip strength in patient with right frontal meningioma.

MATERIALS AND METHODS: This study is a single-case experimental design assessing the effects of Saebo Glove therapy and task-oriented exercises on grip strength in a patient diagnosed with right frontal meningioma. A single participant, a 45 year-old female diagnosed with right frontal meningioma, was selected for the study. The patient presented with hemiparesis affecting the left upper limb, leading to impaired grip strength. The primary and secondary outcomes are hand dynamometer and functional independence measure for grip strength and upper limb function.

RESULTS: Awaited

CONCLUSION: Awaited

Keywords: saebo gloves, right frontal meningioma, hand dynamometer, functional independence measure.

RELIABILITY OF TUG-COG IN MIDDLE-AGED ADULTS

AUTHORS: Khyati Maloo, Dr. Nidhi Suthar, JG College Of Physiotherapy

BACKGROUND: Timed up and go (TUG) is a quick test used in clinical practice as an outcome measure to assess functional ambulatory mobility or dynamic balance in adults. TUG Cognitive (TUG-COG) a dual-task dynamic measure for identifying individuals who are at risk for falls used in Parkinson's, Stroke patients and patients with vestibular dysfunctions. However, its reliability in middle-aged adults, a demographic often overlooked in research, remains underexplored. Hence, the purpose of our study was to assess the intra-rater reliability of TUG-COG test in middle aged adults.

AIMS & OBJECTIVES: To assess intra rater reliability of Timed Up And Go Test in Cognitive (TUG Cog) in middle aged adults.

MATERIALS AND METHODS: Subjects performed TUG COG three times consecutively while performing a cognitive task and time was recorded during each task.

RESULTS: The TUG COG test shows strong reliability in middle-aged adults, with an ICC of 0.813 indicating high consistency in measurements. Similarly, a Cronbach's Alpha of 0.813 confirms strong internal consistency, suggesting the test reliably measures cognitive-motor performance in this group.

CONCLUSION: The TUG COG test is a reliable tool for assessing cognitive and motor function in middle-aged adults, demonstrating strong intra-rater and internal consistency reliability. It is valuable for both clinical and research use in evaluating functional performance.

CORRELATION BETWEEN FATIGUE, FALL EFFICACY AND QUALITY OF LIFE IN INDIVIDUALS WITH CHRONIC STROKE- A CROSS-SECTIONAL STUDY

AUTHORS: Mungra P., Katharani N.

BACKGROUND: Chronic stroke often results in persistent fatigue, which impacts individuals' physical abilities and psychological well-being. Fall efficacy, or the confidence to avoid falls, is commonly reduced in this population, affecting mobility and independence. Additionally, the long-term impact of stroke significantly lowers the overall quality of life. These interconnected issues pose challenges for stroke survivors in managing daily activities and maintaining independence.

NEED OF STUDY: Despite the prevalence of post-stroke fatigue (PSF) in chronic stroke survivors, its relationship with fall efficacy and quality of life remains underexplored. Understanding these correlations is vital for creating targeted interventions that address multiple aspects of post-stroke recovery.

AIM & OBJECTIVE: To investigate the correlation between post-stroke fatigue, fall efficacy, and quality of life in individuals with chronic stroke.

METHOD: This observational study recruited 100 subjects with chronic stroke from outpatient clinics. Fatigue was assessed using the Modified Fatigue Impact Scale (MFIS), fall efficacy was measured using the Falls Efficacy Scale-International (FES-I), and quality of life was evaluated using the Stroke-Specific Quality of Life Scale (SS-QOL). Pearson's correlation coefficient was used to analysed relationships between variables using SPSS software version 23.

RESULTS: Pearson correlation analysis revealed a significant negative correlation between fatigue and quality of life and a significant positive correlation between fall efficacy and quality of life.

CONCLUSION: This study reveals significant correlations between post-stroke fatigue, fall efficacy, and quality of life in chronic stroke survivors.

KEYWORDS: Stroke, Fatigue, Fall Efficacy, Quality of life.

COMPARISON OF LOWER LIMB CONSTRAINT INDUCED MOVEMENT THERAPY VERSUS PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION ON PLANTER FLEXOR SPASTICITY AND GAIT IN INDIVIDUALS WITH HEMIPARESIS

AUTHORS: Jiya Hemalbhai Doshi, Dr. Vaishali Suthar

BACKGROUND: Individuals, stroke usually show reduced muscle activities of paretic limb and asymmetrical gait pattern during walking. Constraint induced movement therapy and Proprioceptive Neuromuscular Facilitation two popular rehabilitation approaches that Enhance gait symmetry, Normalize tone.

NEED OF STUDY: Impairment in lower limb post stroke induces alternations in muscle tone and gait resulting asymmetry in gait parameters. Constraint induced movement therapy and proprioceptive neuromuscular facilitation which has ability to develop brain's plasticity shown improvements in tone, gait speed. Very few research shows comparison of both. Need arises to compare effect of lower limb constraint induced movement therapy versus proprioceptive neuromuscular facilitation on planter flexor spasticity and gait in hemiparesis.

OBJECTIVE: To compare effect of lower limb constraint induced movement therapy versus proprioceptive neuromuscular facilitation technique to improve plantar flexor spasticity and gait in individuals with hemiparesis.

RESULT: Statistical analysis was done using SPSS20. Within group analysis was done using Group A Paired T- test and wilcoxon shows significant improvement in toeout, cadence, gait velocity, step length P value < 0.05 Group B paired T test and wilcoxon significant improvement in toeout, step length P value < 0.05 . Between Group Mannwhitney test was done. significant improvement in planter flexor spasticity, No improvement in gait parameters

CONCLUSION: Constraint induced movement therapy and proprioceptive induced movement therapy showed improvements on gait parameters within group. Between group improvement in Modified modified Aswath scale was seen.

A STUDY TO FIND OUT PARENTS' PERSPECTIVE ON THE EFFECT OF SENSORY INTEGRATION TECHNIQUE ON GROSS AND FINE MOTOR DEVELOPMENT IN CHILDREN WITH AUTISM SPECTRUM DISORDER: AN INTERVENTIONAL STUDY

AUTHOR: Urvi Kanjariya

BACKGROUND: Impairments in gross and fine motor skills are common among children with developmental disorders, including autism spectrum disorder (ASD). These impairments affect gait, posture, and coordination. The Developmental Coordination Disorder Questionnaire (DCDQ) is a validated parent questionnaire designed to screen for motor coordination difficulties in children. Studies indicate that Sensory Integration Therapy (SIT) can positively impact motor skills and personal goal achievement.

OBJECTIVES: This study evaluates parents' perspectives on the effects of SIT on motor development in children with ASD, using the DCDQ-07 as an assessment tool. Specifically, it examines how SIT influences gross and fine motor functions based on parental observations.

METHODOLOGY: The study included 30 children with ASD (aged 6–11 years) who underwent two months of sensory integration therapy. Pre- and post-intervention assessments were conducted using the DCDQ-07. Statistical analysis was performed using SPSS version 23.0, with the Wilcoxon Signed Ranks Test at a significance level of $p < 0.05$.

RESULTS: The mean pre-intervention DCDQ score was 38.87 ± 3.298 , and the post-intervention mean was 42.97 ± 2.566 . The Wilcoxon Signed Ranks Test showed a statistically significant improvement ($Z = -4.824, p = 0.000$).

CONCLUSION: Sensory integration therapy significantly improves gross and fine motor development in children with ASD. Parent-reported outcomes highlight its effectiveness in motor skill enhancement.

PREVALENCE OF MILD COGNITIVE IMPAIRMENT IN MIDDLE AGED POPULATION OF AHMEDABAD

AUTHORS: Dhruvi Shah, Megha Sheth

BACKGROUND: The cognitive decline may affect day to day life by small problems like slowness in communication, forgetfulness, lack of attention compared to previous years of life and moving towards risk of developing dementia. Screening for mild cognitive impairment (MCI) in middle age may help to delay the development of dementia by necessary interventions.

NEED: Various studies show high prevalence of cognitive decline in older age population but few assess cognitive decline in middle-aged people.

OBJECTIVES: To find prevalence of MCI and factors associated with MCI in middle-aged population of Ahmedabad.

METHODOLOGY: A cross-sectional analytical study was conducted in community of Ahmedabad in age group of 40-65 years. 55 participants were included using purposive sampling. Cognition, physical activity, lifestyle and stress were assessed using self-reported questionnaire Addenbrooke's cognitive examination-III test (ACE-III), International physical activity questionnaire-SF (IPAQ-SF), perceived stress scale (PSS) and Simple lifestyle indicator questionnaire (SLIQ). Data analysis was done using Microsoft excel and SPSS v.20.

RESULT: Mean age of participants was 50.74 ± 4.5 years. Mean score of ACE-3 was 89.18 ± 8.2 , PSS was 14.98 ± 6.2 and SLIQ was 6.69 ± 1.3 . Prevalence of MCI was 38.18%. No association was found between MCI and gender ($\rho=0.13, p=0.17$), stress ($\rho=0.12, p=0.36$), SLIQ ($\rho=0.14, p=0.28$), physical activity ($\rho=0.12, p=0.35$), sleep hours ($\rho=0.02, p=0.88$), alcohol intake ($\rho=0.296, p=0.55$) and smoking ($\rho=0.67, p=0.14$).

CONCLUSION: Prevalence of MCI in middle-aged population is 38.18%. No association was found between MCI with stress, gender, lifestyle, physical activity, sleep hours, alcohol addiction and smoking.

EFFECTS OF CHAIR AEROBICS ON COGNITION IN SUBJECTS WITH POST STROKE HEMIPARESIS: AN EXPERIMENTAL STUDY

AUTHOR: Heli Patel, Sharda College of Physiotherapy

BACKGROUND: Stroke is the sudden loss of neurological function caused by an interruption of the blood flow to the brain. Clinically a variety of focal deficits are possible including changes in level of consciousness and impairments of Cognitive, Perceptual and language functions.

NEED OF STUDY: Chair aerobics is a form of exercise that involves performing aerobic movements while seated on chair. Its often incorporate various arm and leg movements, these movements engage multiple muscle groups simultaneously, a person needs no extra equipment, and they can perform the chair aerobics from the comfort of their home also. Chair aerobics may offers a safe exercise option for stroke individuals.

OBJECTIVE: To Check the effects of chair aerobics on cognition in subjects with post stroke hemiparesis.

METHODOLOGY: After the ethical approval 10 subjects of 45-65 years of age group selected according to inclusion and exclusion criteria using random sampling method and pre and post protocol data collected by using a montreal cognitive assessment (MoCA). Subjects performed chair aerobics for 30 minutes with two rest period of 5 minutes for 5 days/week for 4 weeks.

RESULT: After analyzing the data pre intervention Mean MoCA score was (22.2 ± 1.31). after giving 4 weeks intervention Mean MoCA score was (22.8 ± 1.39). with P value (>0.05).

CONCLUSION: Chair aerobics is found to be not that much effective on cognition in subjects with post stroke hemiparesis.

EFFECT OF TYPE-2 DIABETES MELLITUS ON AUDIO-VISUAL REACTION TIME: A COMPARATIVE STUDY

AUTHORS: Bhakti Yadav, Dr. Nisha Pathak PT.

BACKGROUND: Type-2 DM is a chronic metabolic disorder affecting multiple organ systems, including the nervous system. Neural Impairment can slow reaction times to audio-visual stimuli, impacting sensory-motor coordination and cognitive function.

AIMS AND OBJECTIVES: This study evaluates auditory and visual reaction times in type-2 diabetes mellitus patients and compares reaction time based on disease duration using a reaction time apparatus.

METHODS: This comparative study involved two groups of type-2 DM patients: Group-A (disease duration 1-5 years) and group-B (more than 5 years). Auditory and visual reaction times were recorded for different stimuli (auditory-tone and click sound stimuli and visual-red and green light stimuli) and assesses cognitive status in relation to disease duration.

Statistical analysis was performed in IBM SPSS (v20), with normality tested using the Shapiro-Wilk test. Independent t-test were used for normally distributed data, while the Mann Whitney U test was used for non-normal data.

RESULTS: Auditory simple (0.708) visual simple (0.04) and visual descriptive (0.17) showed no significant difference ($p > 0.05$), indicating no effect of diabetes duration.

However, auditory descriptive (0.19), auditory choice (0.325) and visual choice (0.436) showed significant difference ($P < 0.05$), suggesting an impact of disease duration.

CONCLUSION: T2DM is linked to delay audio-visual reaction times, particularly auditory descriptive, auditory choice and visual choice showed likely due to PNS and CNS impairments. Early detection can aid in managing diabetes-related neurological complications and improving quality of life.

AWARENESS OF WARNING SIGNS AND RISK FACTORS OF STROKE IN ADULTS - AN OBSERVATIONAL STUDY

AUTHORS: Manisha Chauhan, Dr. Vaishali Suthar

BACKGROUND: Stroke is a leading cause of morbidity, mortality and disability worldwide. prompt recognition of early warning signs is crucial for timely medical intervention and improved outcomes. However, many strokes are preventable and awareness of risk factors and warning signs remain suboptimal.

NEED OF RESEARCH: Early recognition of stroke symptoms enables quicker treatment, helping to prevent further injury and lasting damage. So, the need arises to assess the level of awareness of warning sign and risk factors of stroke in adults.

AIM: To analyze the awareness of warning signs and risk factor about stroke by using questionnaires.

OBJECTIVES: To Assess the level of warning signs of stroke in adults. To assess the level of risk factors of stroke in adults.

METHOD: An observational study, involving 136 adults. Participants were selected as per inclusion and exclusion criteria by using the google form questionnaires.

RESULT: The study was conducted on 136 participants with mean age 34.03 ± 2.53 years. Overall knowledge about warning signs 39.95% and risk factors 52.21% participants aware about stroke. Data was analysed by SPSS(v20).

CONCLUSION: It concluded that awareness on stroke is low in adults so need to focused on educational efforts, seminars and workshops about stroke to enhance awareness and prevention strategies.

KEYWORDS: Adult, Awareness, Risk Factor, Stroke, Warning Sign

COMPARATIVE ANALYSIS OF COORDINATION IN POST STROKE SURVIVORS USING COMPREHENSIVE COORDINATION SCALE

AUTHORS: Aastha B. Motwani, Dr. Shraddha J. Diwan

BACKGROUND: Stroke often leads to motor coordination deficits, affecting functional independence and overall motor performance. Comprehensive Coordination Scale (CCS) is a standardized tool that quantitatively assesses various aspects of coordination, including timing, precision, and inter-limb coordination.

NEED OF THE STUDY: There is limited research comparing coordination deficits in post-stroke survivors with right versus left hemispheric lesions.

OBJECTIVE OF THE STUDY: To compare coordination deficits in post stroke survivors and to understand hemispheric dominance on motor control.

METHODOLOGY: A cross-sectional observational study included 32 post-stroke survivors (aged 30–70 years, either gender) with MMSE > 24, categorized into four groups: Right Hemispheric Lesion-Right Dominant hemisphere (RHL-RD), Right Hemispheric Lesion-Left Dominant Hemisphere (RHL-LD), Left Hemispheric Lesion-Left Dominant Hemisphere (LDL-LD) and Left Hemispheric Lesion-Right Dominant Hemisphere (LDL-RD). Those with orthopaedic disorders, severe spasticity (MAS \geq 3) were excluded. Coordination was assessed using CCS, comprising six tests: Finger-to-Nose, Arm-Trunk Coordination, Finger Opposition, Inter-Limb Coordination (upper limb), Lower Extremity Motor Coordination and Inter-Limb Coordination (upper and lower limbs).

RESULT: Statistical analysis was done using SPSS version 20 and Mann-Whitney U test was applied. Mean age and post stroke duration were (49.41 \pm 10.90) years and (47.73 \pm 50.70) months respectively. A significant difference in CCS was found between RHL-RD and RHL-LD (U=22.50, p=0.048) suggesting coordination differences based on hemispheric dominance, while no significant difference was observed between LHL-LD and LHL-RD (U=28.66, p= 0.70).

CONCLUSION: This study indicates that hemispheric dominance influences coordination in right hemispheric stroke survivors. Considering this factor in rehabilitation strategies may enhance recovery and functional improvement.

A CORRELATION BETWEEN DYNAMIC BALANCE WITH DURATION OF DIABETES AND GLYCEMIC CONTROL IN PATIENTS WITH DIABETES MELLITUS TYPE 2

AUTHOR: Angana Patel

INTRODUCTION: Diabetes mellitus is a chronic metabolic disease that causes high blood sugar levels. Dynamic balance is the ability to maintain stability while moving or changing positions. It is a widespread health issue, affecting approximately 540 million people worldwide. Diabetes was diagnosed in 7.2% of the population aged 18 to 79 years (women 7.4%, men 7.0%). Type 2 diabetes has a substantial hereditary component. 6.3% of the world's population is affected by type 2 diabetes. Certain ethnic groups, such as Black, Hispanic, Native American, Asian American, and Pacific Islander communities, are at a higher risk of developing type 2 diabetes.

AIM: To find out "A correlation between dynamic Balance with duration of diabetes and glycemic control in patients with diabetes mellitus type 2"

METHODOLOGY: 100 patients with diabetes mellitus type 2 were included as per criteria. Consent was taken from patient. Dynamic balance evaluated by dynamic gait index and correlation was done between dynamic balance with duration of diabetes and glycemic index (HBA1C report)

RESULT: Correlation done by Pearson's Correlation test. It showed correlations between dynamic balance with duration of diabetes as well as glycemic index.

CONCLUSION: As the duration of diabetes increases dynamic balance impairment also increased as well as dynamic balance also depends on glycemic control.

RELIABILITY OF SHORT SENSORY PROFILE IN GUJARATI VERSION

AUTHORS: Tisa Rasania, Dr. Mansee Desai

BACKGROUND: Autism is a neurodevelopmental disorder characterized by challenges in social interaction and communication, along with distinct restricted and repetitive behaviours. The Short Sensory Profile (SSP) is a widely used tool for assessing sensory characteristics in children with autism spectrum disorder (ASD). While parents typically complete the SSP, the growing number of working parents has resulted in grandparents and caregivers frequently taking on this role. Therefore, assessing the reliability of the Gujarati version of the SSP is essential to ensure its consistency and accuracy when used by different respondents.

AIM: The aim of this study is to determine the reliability of the Gujarati version of the Short Sensory Profile (SSP).

METHODS: The reliability of the finalized Gujarati version was assessed with a sample size of 10 participants, including both genders, diagnosed with autism. Internal consistency was measured using Cronbach's alpha, and test-retest reliability was evaluated through repeated assessments.

RESULT: In the reliability analysis of the Gujarati version of SSP, 7 sections and a total of 38 questions were included. The Gujarati version of the SSP has high internal consistency and test-retest reliability.

CONCLUSION: The Gujarati version of the Short Sensory Profile (SSP) demonstrates strong reliability, making it a consistent tool for assessing sensory characteristics in children with autism spectrum disorder (ASD).

KEYWORDS: Reliability, Short Sensory Profile, Autism, Internal Consistency, Test-Retest

ETHICAL CLEARANCE: Yes

THE EFFECTS OF STROKE ON COGNITIVE FUNCTIONING: ANALYSIS THROUGH STROOP TEST

AUTHORS: Rinki R Ganshani, Dr. Shraddha Diwan

BACKGROUND OF THE STUDY: Post-stroke cognitive impairment (PSCI) affects 40-60% of survivors within the first year, which impacts their ADL and quality of life. Stroop test, measures cognitive flexibility, inhibition, and executive function. It measures the ability to inhibit cognitive interference by analyzing difference in response time, providing insights into cognitive deficits.

NEED OF THE STUDY: While stroop test is widely used to assess cognition in various conditions, its application in stroke remains unexplored. Given the high prevalence of PSCI, simple, quick, cost effective tool is essential.

OBJECTIVES: To determine cognitive decline using stroop test in post stroke survivors.

METHODOLOGY: 76 participants were divided into 2 groups. 38 stroke (irrespective of aetiology & phase) and 38 age and gender matched healthy controls. Stroop test consists of 2 tests. For Test1 (congruent test), subjects were instructed to say each word. In Test2 (incongruent test), say print colour of each word- NOT the word itself, read in same direction as Test1. Repeat both tests 3 times and average time taken was calculated.

RESULTS: The mean age group of post stroke & controls was (52.5±10.80)(51.92±10.35) years respectively. Stroke survivors had mean post stroke duration (30.82±40.68) months & MoCA score of (19.84±3.44). Mean cognitive processing time of Test1 (25.55±17.16), (16.87±7.04) and Test2 (102.40±62.64), (40.98±10.68) respectively. Incongruent test showed significant difference (p=0.000) while congruent test was non-significant (p=0.053).

CONCLUSION: Incongruent test showed profound cognitive impairment, highlighting deficits in cognitive inhibition, indicating PSCI. Stroop Test, being simple and effective clinical tool, offers an accessible means to evaluate cognitive functions such as inhibition and executive function.

NEURO-LINGUISTIC PROGRAMMING (NLP) IN SPEECH THERAPY: A PHYSIOTHERAPEUTIC APPROACH

AUTHORS: Maan Patel, Dr. Parita Dave, KD Institute of Physiotherapy

INTRODUCTION: Speech production is a complex process requiring neuromuscular coordination, cognitive-linguistic processing, and auditory feedback mechanisms. Neuro-Linguistic Programming (NLP) in speech therapy offers a structured approach to reprogramming speech patterns, motor control, and linguistic fluency enhancing rehabilitation outcomes for individuals with speech and language impairments. Physiotherapeutic integration of NLP techniques aids in neuromotor retraining, proprioceptive speech control, and cognitive restructuring making it a valuable tool in speech therapy.

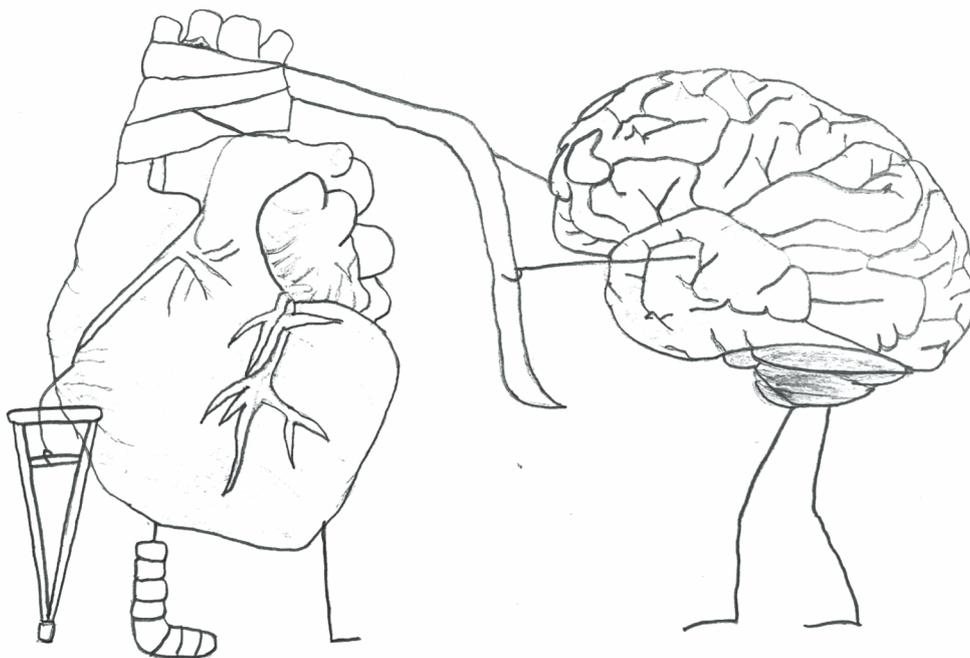
AIM TO STUDY: To compare the volume of occupational therapy (OT), physical therapy (PT) and speech therapy (ST) as currently received by patients with neuromuscular diseases with the volume of OT, PT and ST recommended by a multidisciplinary team.

METHODOLOGY: The use of OT, PT and ST was studied retrospectively and prospectively in a reference group (n = 106) receiving usual care and in an intervention group (n = 102) receiving advice based on multidisciplinary assessments. A cost analysis was made and the implementation of the advice was evaluated at 6 months.

STATISTICAL ANALYSIS: Multidisciplinary assessments consisted of a single consultation by OT, PT and ST each, followed by a multidisciplinary meeting and integrated advice. Volume (frequency times duration) of therapy, relative over- and underuse of therapy and costs of therapy and intervention.

RESULT: Compared to the multidisciplinary advice, there was 40% underuse of OT among patients with neuromuscular disease. For PT, there was 32% overuse and 22% underuse: for ST, there was neither over- nor underuse. Some 40% of patients received once-only advice regarding ST compared to 27% regarding OT and 19% regarding PT. The costs of the multidisciplinary advice were estimated at \$245 per patient. If fully implemented, our multidisciplinary approach would result in a mean cost savings of per patient. The recommended therapy.

CONCLUSION: Some patients with a neuromuscular disease do not receive any form of allied healthcare, whereas they should. Among patients with neuromuscular disease who do receive some form of allied healthcare, quite a few receive these treatments for too long periods of time. Ways need to be developed to improve implementation of the multidisciplinary advice and to obtain a more favourable balance between its costs and benefits.



PARENTS CONCERNS IT'S RELATIONSHIP TO AGE AND LEVEL OF DISABILITY OF CHILDREN & YOUTH WITH CEREBRAL PALSY

AUTHORS: Satya Prakash, Dr Aditi Gandhi

PURPOSE: This study were to investigate the range of parents concern for their children with cerebral palsy and whether concerns varied according to age and level of disability.

PARTICIPANTS: Parents of children with cerebral PALSy from 20 families who attended the therapy.

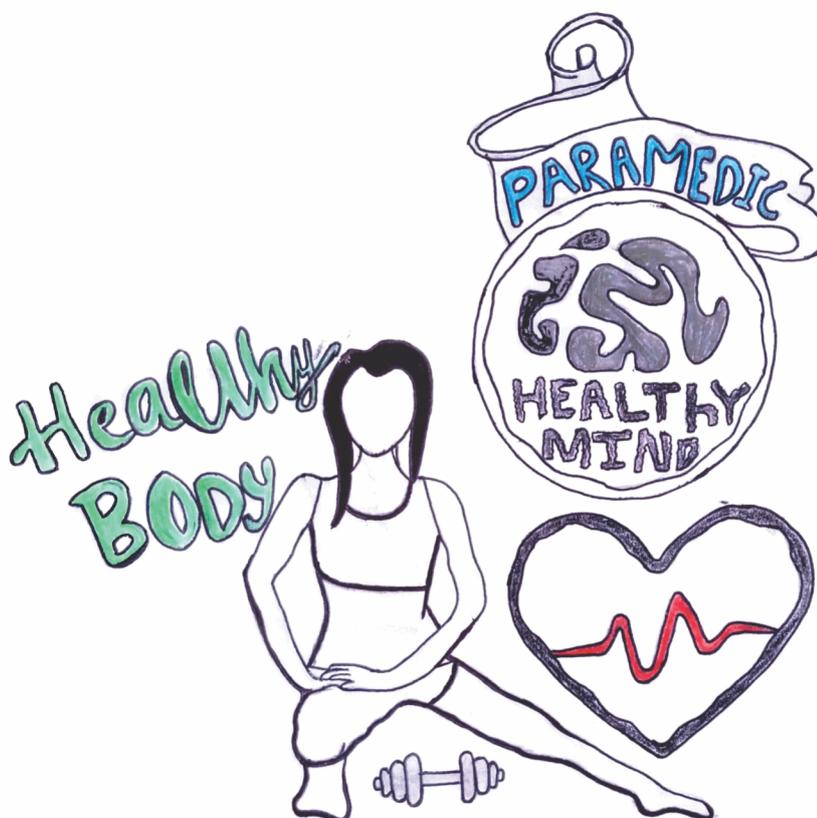
METHOD: A trained interviewer asked parents of children with CP to state their concern for their child, in relation to what might be addressed within. Therapy. Interview recorded with a digital voice recorder. Questions are open ended and interviewer did not prompt parents for responses.

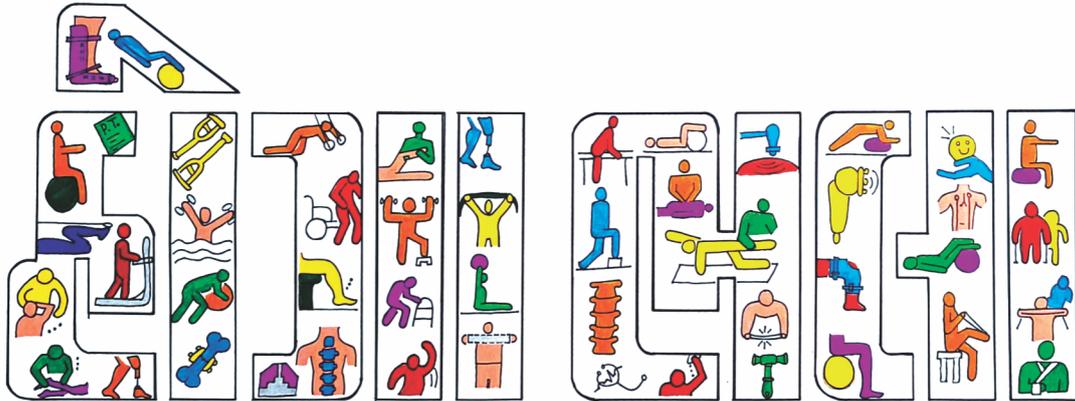
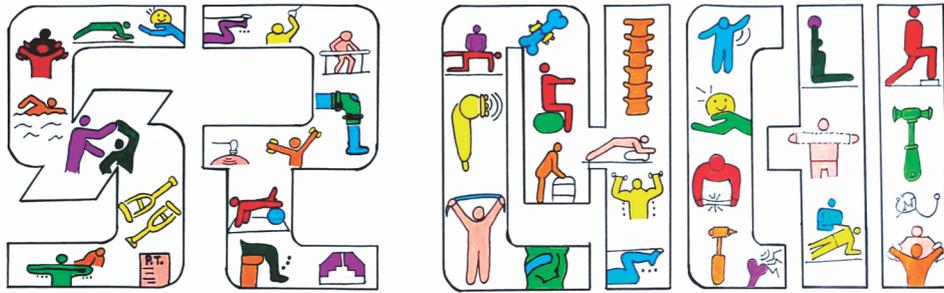
ANALYSIS: Data was analysed by using conceptual analysis which is a form of content analysis, to detect the Existence and frequency of concepts and themes expressed by parents.

RESULTS: Parents of children with cerebral palsy expressed different concerns in relation of their child's age and level of disability. Common primary concerns expressed were quite specific such as 'walking' expression of basic needs. Most common secondary concerns expressed by parents is related to their social participation (12, 40.00%).

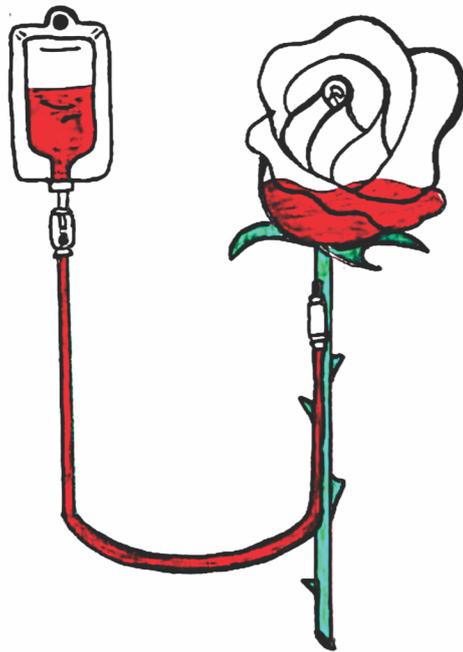
CONCLUSION: Parents demonstrated that they have specific, realistic and appropriate concerns in relation to what might be possible for their child to achieve. Parents has different concerns according to child's age and GMFCS level.

KEYWORDS: parents concerns, cerebral PALSy, relationship age.





PATEL VISHWA R.
FINAL YEAR BPT



Never Stop
One day you'll be
Someone's hope
Someone's hero.

Modi Honey
3rd Year

CORRELATION OF BMI WITH CORE MUSCLE ENDURANCE, URGE INCONTINENCE, SEVERITY AND QUALITY OF LIFE IN MIDDLE AGED DIABETIC WOMEN

AUTHORS: Vidhi Gopani, Dr. Gira Thakrar, JG College of Physiotherapy, Ahmedabad, Gujarat

BACKGROUND: Urinary incontinence (UI) affects nearly 50% of middle-aged women, with microvascular damage in diabetes being a likely cause. Higher BMI levels increase diabetes prevalence, with obesity showing highest association.

NEED OF RESEARCH: BMI is linked to both UI prevalence and severity due to increased bladder pressure and muscle strain. A 5-unit BMI rise correlates with a 60% increase in daily UI, making obesity a major risk factor. A strong association exists between BMI and core muscle endurance.

AIMS AND OBJECTIVE: This study aims to investigate correlation of BMI with core muscle endurance, urge incontinence, severity and quality of life in middle aged diabetic women.

METHOD: A correlation study was conducted with 39 diabetic women of middle aged 40 to 60 were included. Participants with different BMI filled Patient Perception of Intensity of Urgency Scale, International Consultation on Incontinence Questionnaire-Urinary Incontinence Short Form, Incontinence Impact Questionnaire 7 for urge incontinence, severity, quality of life respectively and core muscle endurance was assessed using Prone Plank Test.

RESULTS: Data of study shows non-normal distribution hence Spearman rho test was used. Result shows strong correlation between BMI with urge incontinence ($r=0.721, p<0.05$) and severity ($r=0.707, p<0.05$) and moderate correlation between BMI with quality of life ($r=0.624, p<0.05$) and core muscle endurance ($r=-0.603, p<0.05$).

CONCLUSION: As BMI increases; core muscle endurance decreases, urge incontinence and severity increases and decrease in quality of life in diabetic population was observed.

EFFECT OF EXERCISE REHABILITATION IN PATIENTS WITH LIVER CIRRHOSIS AWAITING LIVER TRANSPLANTATION- A SYSTEMATIC REVIEW

AUTHORS: Dr Vruti Motiramani (PT), Dr Mansi Patel, IKDRC-ITS College of Physiotherapy

BACKGROUND OF THE STUDY: Cirrhosis is one of the major causes of morbidity and mortality globally, accounting for approximately 1.2 million deaths annually. Impaired aerobic capacity, muscle wasting and reduced muscle strength are significant complications in patients with cirrhosis which limits the ability to perform daily activities and affects quality of life. Peak VO₂ is also reduced which is associated with decreased survival time.

NEED OF THE STUDY: To find out the feasibility, safety and potential benefits of exercise rehabilitation in cirrhosis patients awaiting liver transplant.

METHODOLOGY: A literature search was conducted on PubMed, ScienceDirect, Web of Science, ProQuest, and Cochrane Library data base. Randomised control trials included any form of exercise rehabilitation in liver cirrhosis patients listed for transplant in which patients between 18-65 yrs age, Pedro score >5, full text available in English language and conducted between November 2014- February 2024 were retrieved using keywords exercise rehabilitation, liver cirrhosis and pre-liver transplantation rehabilitation.

RESULT: 234 studies were retrieved out of which 227 studies were excluded by inclusion-exclusion criteria. 7 studies with 341 participants were reviewed with intervention period between 8 to 12 weeks in the form of mild to moderate aerobic exercise which has shown improvement in aerobic capacity(6MWT), peak VO₂, Body composition (BIA) and resistance training which showed significant improvement in muscle mass (Thigh Circumference), muscle strength and hence both forms significantly improved QOL(CLDQ).

CONCLUSION: Exercise rehabilitation is beneficial and safe in patients with liver cirrhosis awaiting liver transplantation and should be incorporated in their routine rehabilitation protocol.

EXPLORING THE RELATIONSHIP BETWEEN SMARTPHONE ADDICTION AND RESPIRATORY HEALTH IN COLLEGE STUDENTS: A CORRELATIONAL STUDY

AUTHOR: Arya Dadhaniya

BACKGROUND: Smartphone addiction [SA] is "mainly characterized by excessive or poorly controlled preoccupations, usage or behaviour regarding smartphone use; to the extent that individuals neglect other areas of life." SA has become a major global problem for university students. The use of smartphones in bad posture may cause the forward head posture [FHP]. FHP greatly influences respiratory function by weakening the respiratory muscles. The smartphone addiction short-version scale (SAS-SV) was developed to evaluate smartphone addiction in a simple and easy way.

OBJECTIVE: To investigate Correlational between smartphone addicted and non-addicted college students respiratory function. Evaluate correlation between forward head posture and respiratory function by PFT and SAS-SV.

AIM OF STUDY: To evaluate the smartphone addiction effect on respiratory function in College Students and correlation with forward head posture, SAS-SV and target wall test.

METHOD: The subjects were selected according to selective criteria between 18 and 24 years old. Written consent was taken. The tragus to wall distance and SAS-SV are taken to evaluate correlation. A spirometer is used to assess FVC,, FEV1.0, and Peak Expiratory Flow Rate (PEFR).

RESULT: The result of statistically non significant with the FVC, FEV1 and PEFR that means there is a smartphone addiction not effective in respiratory function but analysis suggest the is significant different in FHP.

CONCLUSION: The study concluded that while smartphone usage does not affect respiratory function, it may contribute to changes in forward head posture.

EFFECT OF MOVEMENT BASED PHYSICAL CONDITIONING REGIME ON CARDIOVASCULAR APTITUDE AND HRQoL IN PATIENTS WITH HEART FAILURE: A SYSTEMATIC REVIEW

AUTHORS: Dr. Ishita Shastri, Dr. Bharat Tiwari, IKDRC-ITS College of Physiotherapy, Ahmedabad, Gujarat

BACKGROUND: Heart Failure is a Chronic and debilitating condition that significantly impact cardiovascular aptitude (CVA) and HRQoL. Movement based physical conditioning regimes have emerged as a promising intervention to improve outcomes in Heart Failure.

OBJECTIVE: To systematically review the evidence on effect of movement based physical conditioning regimes on cardiovascular aptitude and HRQoL in HF to guide clinical care and future studies.

METHODOLOGY: A comprehensive search of major database(Google scholar, Pubmed, Scopus , Web of sciences) was conducted to identify RCTs and observational studies that examined effect of movement based physical conditioning regimes on CVA(e.g. 6MWT, VO2 peak) and HROQL(e.g. kansas city questionnaire, SF-36, MLWHF) in HF. Articles with Pedro score >5 and from year 2015-2024 ,mild to moderate HF patients were included. Articles with only case studies, reviews were excluded.

RESULT: A total of 8 studies involving 507 HF patients were included. Physical regime consisted of Aerobic ex, Resistance training, yoga, Hydrotherapy, Low and Moderate Intensity Endurance training i.e. 3 to 5 times/week for 4-8 weeks with 30-40% HRmax . Review revealed improvement in CVA and HRQoL, following movement based physical conditioning regime.

CONCLUSION: This Systematic Review provides evidence that movement based physical conditioning regimes are effective and safe in improving CVA and HRQoL without any adverse effects, Moderate intensity endurance training is recommended as safer regime without anycomorbidities. Findings support the incorporation of movement based physical conditioning regimes into management of HF patients.

KNOWLEDGE ABOUT CERVICAL CANCER AND ITS RISK FACTOR AND SCREENING AMONG SCHOOL GOING GIRLS

AUTHORS: Janhavi Dorik, DR. ALPHONSE. A

BACKGROUND: Among the women, cervical cancer is one of the most common gynecological malignancies. Unfortunately, despite the evidence of methods for prevention, most of the women remain unscreened because of lack of awareness, negative attitude, and poor practice about cervical cancer and screening which are the major causes to increase the incidence of cervical cancer.

AIM: This study aims to explore the knowledge about cervical cancer and its risk factor and screening among school going girls.

OBJECTIVE: Objective of the study is to find the Knowledge, Risk Factor and Screening about cervical cancer among school going girls.

METHOD: It is cross-sectional survey study. Total number of participants were 200 has participated in this survey Study was conducted by distributing written format questionnaire and data was collected.

RESULT: Total participants is 200 out of this 94 were 11th standard and 106 were 12th standard student. The age of participants ranged from 16 to 20 years. From the 200 participants, 53.72% has knowledge and awareness about cervical cancer screening and risk factor. But 46.27% girls not having knowledge and awareness about cervical cancer.

CONCLUSION: We conclude that awareness study put forward regarding cervical cancer has positive response with 53.72% of school going girls are having adequate knowledge still more awareness about cervical cancer is needed.

KEYWORDS: Cervical cancer, Knowledge, Risk factor, Screening

CORRELATION OF ABDOMINAL OBESITY AND PEAK EXPIRATORY FLOW RATE (PEFR) IN FEMALES

AUTHORS: Hemangi Raval, Dr. Khyati Patel, Sharda College of Physiotherapy

BACKGROUND: Weight and BMI are used as the measures of overall adiposity whereas waist circumference (WC) is used as the measure for abdominal obesity. PEFR is one of the simple and effective measure to assess the lung function.

NEED OF STUDY: Fat distribution is a better predictor of cardiovascular disease than the degree of obesity. This study is important for early detection of respiratory impairments and for taking preventive measures. There are also very limited studies done to evaluate the relationship between body fat distribution & PEFR in overweight & moderate obesity. Hence the need of this study arises.

OBJECTIVE: To correlate waist circumference (WC) and peak expiratory flow rate (PEFR) in females.

METHODOLOGY: 60 subjects were selected according to inclusion and exclusion criteria using simple random sampling method and their consent was taken. Females with the age group of 20-50 years and who are overweight and obese class 1 were included. WC was measured using measure tape and PEFR was measured using wright's peak flow meter.

RESULT: Data were analysed and correlation between WC & PEFR was assessed by spearman's rank correlation coefficient. The mean & SD of WC is (100.87 + 11.3) and mean & SD of PEFR is (380.17 + 52.71). The result shows that $r = -0.435$ and $p < 0.05$ which indicates significant moderate negative correlation between WC & PEFR.

CONCLUSION: The study concluded that there is a significant moderate negative correlation between WC & PEFR in females. So there is a reduction in the PEFR as the WC increased.

PREVALENCE OF OCCUPATIONAL STRESS AMONGST NURSES

AUTHORS: Dr. Janvi V. Prajapati, Dr. Bhoomi chokshi

BACKGROUND OF THE STUDY: Occupational stress is stress involving work. Occupational stress is defined as harmful physical and emotional responses incurred in the work environment. Stress is a major psychosocial constraint that has been proposed to influence health and illness. Occupational stress nearly everyone agrees that occupational stress results from the interaction of the worker and their conditions of work.

NEED OF STUDY: High levels of stress can lead to physical and mental health issues for nurses, including burnout, anxiety, and depression. Understanding these factors is vital for promoting their well-being. Nurses work in high-pressure settings with long hours, emotional strain, and high patient loads, increasing stress level. High stress can reduce concentration and efficiency, potentially compromising patient safety. So the need arises for the study.

METHODOLOGY: First brief explanation of the procedure, 80 subjects selected according to inclusion & exclusion criteria. Data collected by using occupational stress index.

RESULT: Mean and SD of age of participants is 36.57 ± 6.32 , and occupational stress index is 140.83 ± 25.91 . Stated analysis shows 20% low, 45% moderate and 35% high frequency of occupational stress index amongst nurses.

CONCLUSION: According to occupational stress index the finding showed that 20% low, 45% moderate and 35% high frequency of occupational stress index amongst nurses. Thus, the study concludes the most of nurses are experiencing moderate occupational stress.

THE EFFECT OF INTRADIALYTIC BLOOD FLOW RESTRICTION EXERCISE VERSUS RESISTED EXERCISE ON MUSCLE STRENGTH, EXERCISE CAPACITY AND QUALITY OF LIFE IN PATIENTS WITH END-STAGE RENAL DISEASE ON MAINTENANCE HEMODIALYSIS: A PILOT INTERVENTIONAL STUDY

AUTHOR: Dr. Parth Vaniya, Dr. Bharat B. Tiwari, IKDRC-ITS College of Physiotherapy

BACKGROUND: Patients with End-Stage Renal Disease (ESRD) on Maintenance Hemodialysis (MHD) often experience muscle wasting, reduced muscle strength, and impaired physical function due to the dialysis process, inflammation, and uremic toxins hence, quality of life is significantly impaired. Intradialytic exercise, which involves physical activity during dialysis, can be a viable intervention to address these challenges.

OBJECTIVE: To compare the effect of intradialytic blood flow restriction (BFR) exercise versus resisted exercise (RE) on muscle strength, exercise capacity, and quality of life in patients with ESRD on MHD.

METHOD: 10 patients were randomly allocated to group I (BFR=5) and group II (RE=5), pre- and post-assessment were taken with 1-Repetition maximum (1-RM), 6-min Walk Test (6-MWT), Hand Grip Strength (HGS), Bioelectrical Impedance Analysis (BIA), and Kidney Disease and Quality of Life Instrument-36 (KDQOL-36). Patients performed an intradialytic BFR exercise [Pressure of cuff- 150 mmHg, Load- 20%-40% of 1-RM, Frequency- 2 times/week, 3-4 sets of 10-15 repetitions, Duration- 6 weeks] and RE [Load- 65%-75% of 1-RM, Frequency- 2 times/week, 3-4 sets of 10-15 repetitions, Duration- 6 weeks] focused on lower limb strength during their hemodialysis.

RESULT: A paired t-test for intragroup and unpaired t-test for intergroup analysis was used. $p < 0.05$ were considered statistically significant. 6 weeks of intradialytic LL- RE significantly improved 6-MWD, and BFR exercise improved 1-RM and 6-MWD in patients with ESRD on MHD.

CONCLUSION: Our findings highlight the potential benefits of intradialytic LL- RE and BFR exercise in enhancing muscle strength and exercise capacity in patients with ESRD on MHD.

EFFECT OF MUSCLE ENERGY TECHNIQUE ON FLEXIBILITY AND STRENGTH OF KNEE JOINT MUSCLES IN MAINTAINED HEMODIALYSIS PATIENT: A CASE REPORT

AUTHORS: Dr. Nandini Parmar, Dr. Harda Shah

BACKGROUND & NEED OF THE STUDY: Chronic hemodialysis is associated with marked deterioration of skeletal muscles (i.e. sarcopenia) leading to decreased muscle strength & flexibility in maintained hemodialysis patient (MHD). Muscle Energy Technique (MET) claimed to be effective for improvement in flexibility and strength.

OBJECTIVE OF THE STUDY: To evaluate the effect of MET in functional strength & flexibility in hemodialysis patient.

METHODOLOGY: It is a single case study of a 50-year-old male on MHD, twice a week since Nov-2021, presented with decreased lower limb functional strength & reduced hamstrings flexibility. The patient received 5-sessions/week of MET on non-dialysis day targeting the quadriceps strength & hamstrings flexibility for 2 weeks. In that 3-5 reps for isometric contraction for 7-10 sec each with 20% of muscle strength & then slight stretch for 30 sec. Pre & post treatment assessments including 30-sec sit-to-stand (30-STS) for measuring functional muscle strength and active knee extension test (AKE) for the evaluation of hamstring flexibility.

RESULTS: Post treatment analysis revealed significant improvements in 30-STS (increased by 15%) & AKE (30%). These findings suggest that MET may be a valuable adjunctive treatment for patients with MHD.

CONCLUSION: The case report demonstrates the effectiveness of MET in improving hamstrings flexibility and functional muscle strength in a patient with MHD. The result of this study provides preliminary evidence for the use of MET in the management of MHD related sarcopenia. Further research is needed to confirm these findings and explore the potential benefits of MET in this patient population.

THE PREVALENCE OF FACTORS ASSOCIATED WITH ANXIETY AMONG HIGHER SECONDARY STUDENTS OF AHMEDABAD : AN OBSERVATIONAL STUDY

AUTHORS: Dr. Aditi Rajput, Dr. Ruchi Patel, Sharda College of Physiotherapy

BACKGROUND OF THE STUDY: Anxiety is felt when we face a certain event in life like facing examination. Anxiety is an emotional state arising in the situation of impending danger and manifested in the expectation of unfavorable events. Anxiety manifests itself as a feeling of helplessness, uncertainty, lack of sufficient strength in the face of external factors.

NEED OF STUDY: Some studies reported anxiety is a feeling of uneasiness or distress that results from negatively interpreting a situation. It is necessary to explore the extent and related factors of anxiety in adolescents. If academic anxiety is not properly addressed, it can have many serious and long-lasting consequences, such as causing a student to procrastinate, perform poorly on schoolwork, fail classes, and withdraw from pursuing activities that interest them so the need of research arises.

AIMS AND OBJECTIVES: The aim of the study is to find out prevalence of anxiety among higher secondary students.

METHODOLOGY: An observational study was conducted to assess the prevalence of anxiety among 110 higher secondary students at Ahmedabad. Simple random sampling was used to collect data from participants age 15-17 years were included and subjects who diagnosed with psychological conditions were excluded. The data was collected by using a Modified Hamilton Anxiety Rating Scale and the data were analyzed by using descriptive statistics.

RESULT: The findings of the study showed that out of 110 students, 57.6% were male and 42.4% female, 67.8% had mild anxiety, 23.5% had mild to moderate anxiety and 8.7% had moderate to severe anxiety. There was a significant association between the prevalence of anxiety. ($p=0.033$).

CONCLUSION: The study concluded that prevalence of moderate and severe anxiety was more in female than male students and it is very common among higher secondary students.

CORRELATION AMONG 6 MINUTE WALK TEST, RESPIRATORY MUSCLE STRENGTH, AND HANDGRIP STRENGTH IN NON-DIALYSIS DEPENDENT CHILDREN WITH CHRONIC KIDNEY DISEASE: AN OBSERVATIONAL STUDY

AUTHORS: Dr. Mohammedrayyan G. Munshi, Dr. Bharat B. Tiwari, IKDRC-ITS College of Physiotherapy

BACKGROUND: CKD causes metabolic imbalances, malnutrition, and cardiovascular issues, reducing muscle strength, oxygen delivery, and exercise capacity in children. Understanding the relationship between functional capacity, respiratory muscle strength, and peripheral muscle strength is crucial for designing effective rehabilitation strategies.

OBJECTIVE: To evaluate the correlation between the 6-Minute Walk Distance (6MWD), respiratory muscle strength (measured as Maximum Inspiratory Pressure [MIP] and Maximum Expiratory Pressure [MEP]), and peripheral muscle strength by handgrip strength (HGS) in children with CKD stages 3–5 (non-dialysis).

METHODS: This observational study included 60 children (6–18 years) with CKD stages 3–5 (non-dialysis). Exercise capacity was assessed using the 6-Minute Walk Test (6MWT), respiratory strength via MIP and MEP, and peripheral strength using handgrip dynamometry. The Shapiro–Wilk test checked data normality, and Spearman's correlation test analysed relationships.

RESULTS: Significant positive correlations were found among 6MWD, respiratory muscle strength, and handgrip strength. 6MWD showed a strong correlation with MIP ($r=0.746$) and a moderate correlation with MEP ($r=0.591$), dominant HGS ($r=0.575$), and non-dominant HGS ($r=0.523$). MIP correlated strongly with MEP ($r=0.646$), dominant HGS ($r=0.606$), and non-dominant HGS ($r=0.612$). MEP had a moderate correlation with dominant ($r=0.538$) and non-dominant HGS ($r=0.514$).

CONCLUSION: The significant correlations among exercise capacity, respiratory, and peripheral muscle strength underscore the interdependent nature of these parameters in paediatric CKD stages 3–5 (non-dialysis). These findings advocate for integrated assessment and rehabilitation programs to improve functional outcomes in this vulnerable population.

KNOWLEDGE OF PELVIC FLOOR HEALTH AMONG WOMEN OF AHMEDABAD – AN OBSERVATIONAL STUDY

AUTHORS: Rhythm Thacker, Megha Sheth, SBB College of Physiotherapy

BACKGROUND: Pelvic floor health plays a vital role in a woman's well-being, influencing important functions such as bowel and bladder, respiration, posture and sexual health. Lack of knowledge can have long-term effects on health and quality of life.

NEED: Poor knowledge about pelvic floor health results in weak pelvic floor muscles, leading to disorders such as urinary incontinence and pelvic organ prolapse. Therefore, it is important to assess the level of knowledge to understand the gaps in awareness and identify areas for improvement.

OBJECTIVES: To assess the level of knowledge about pelvic floor health among women in Ahmedabad.

METHODOLOGY: The observational study was conducted in community of Ahmedabad. Data collection was done using the English & Gujarati version of Pelvic Floor Health Knowledge Quiz (PFHKQ) among women ageing between 18 to 64 using convenience sampling using a google form. The PFHKQ assessed participant's knowledge of functions of pelvic floor, risk factors for and diagnosis of pelvic floor problems. Descriptive analyses were done using Microsoft excel.

RESULT: 295 women with mean age of 32.88 ± 14.83 years were included in the study. The mean knowledge score of pelvic floor health quiz was $42.53 \pm 27.16\%$. The mean knowledge score of function/dysfunction was $41.32 \pm 33.33\%$, etiology/risk factors was $37.67 \pm 28.73\%$ and for diagnosis/treatment was $43.49 \pm 36.85\%$.

CONCLUSION: The results indicated that women had low overall knowledge of pelvic floor health, with low scores in the subsections of function/dysfunction, etiology/risk factors and diagnosis/treatment. Thus, there is need to increase awareness regarding pelvic floor health among women of Ahmedabad.

SLEEP DISTURBANCE AND LEVEL OF DEPRESSION AMONG WORKING AND NON WORKING WOMEN: A COMPARATIVE STUDY

AUTHORS: Nirja Trivedi, Dr. Apeksha Vaghasiya

BACKGROUND: The prevalence of sleep disturbances and depression has been increasingly recognized as significant health issue, particularly among women. Sleep disorder is a common and complicated health problem, which causes morbidity ,mortality, decreasing functional capacity and quality of life. On the other hand, depression is one of the most prevelant psychological disorder caused by several factors.

AIMS AND OBJECTIVE: The main purpose of this study is to compare the sleep disturbance and depression levels between working and non working women.

METHODOLOGY: The total sample consisted of 60 women(30 working and 30 non working). Data was collected using self reported questionnaire that assessed their sleep patterns, quality of their sleep and their level of depressive symptoms. Sleep disturbances were measured using Pittsburgh Sleep Index and depression level was measured using Beck Depression Inventory. Statistical analysis was performed using SPSS software by using independent 't' test.

RESULTS: The result showed that there is significant difference of sleep disturbance on working and non working women.(t-value=3.42,p=0.001) and there is significant difference of depression on working and non working women(t-value=3.76, p=0.0005). The hypothesis is not accepted.

CONCLUSION: The findings revealed that working women reports higher level of sleep disturbance and depression than non working women.

ROLE OF PHYSIOTHERAPY EXERCISES BEFORE IVF CYCLES IMPROVES CLINICAL PREGNANCY RATE AND LIVE BIRTH RATE: A SYSTEMATIC REVIEW

AUTHORS: Dr. Kena Hingrajiya, Dr. Bharat Tiwari, Dr. Mansi Patel, Dr. Fagun Jain, IKDRC-ITS College of Physiotherapy

INTRODUCTION: The prevalence of infertility is estimated to be 12-15% in couples of childbearing age . Even though the development of assisted reproductive technology has helped many couples achieve pregnancies. However, no consensus has reached regarding the effect of physical activity before ART on pregnancy outcomes.

OBJECTIVES: To investigate the effect of physical activity in IVF in clinical pregnancy rate and live birth rate .

METHODOLOGY: A literature search was conducted on PubMed ,Research gate and Google scholar databases were searched to retrieve studies from 2014 to 2024. The search keywords were physical activity, in vitro fertilization, live birth rate ,clinical pregnancy rate. English language Studies which were prospective having age of women between 25 to 45 year who were healthy individual, physically active and Pedro score > 5 were included. Studies which are observational, case reports and systemic were excluded.

RESULTS: Total 60 studies were retrieved from which 52 studies were excluded applying inclusion exclusion criteria. 8studies with 368 participants were reviewed. Out of which in four studies performed regular exercise , two studies moderate intensity exercises and two study had both exercise and diet With moderate exercise program and diet and exercise both, they found improvement in clinical pregnancy rate and implantation rate, while regular exercise had significant improvement in implanatation rate and no effect was shown in clinical pregnancy rate .

CONCLUSION: Regular physical activity is safe, effective and incorporate interventional strategy for implantation potential and clinical pregnancy rate, making it viable adjunctive therapy in IVF protocols.

CORRELATION OF SMARTPHONE ADDICTION LEVEL WITH BODY MASS INDEX AND REACTION TIME IN COLLEGE GOING STUDENTS

AUTHOR: Kajal Anil Korani

BACKGROUND: Youth's use of social media has increased significantly over the past decade. As a result, they are susceptible to smartphone addiction. Reaction time is the combination of brain processing and muscular movement.

NEED OF THE STUDY: In the modern digital era, smartphone addiction has become a growing concern, especially among college students, who are highly dependent on these devices for academics, social interaction, and entertainment. While excessive smartphone use has been linked to various physical, cognitive, and psychological effects, its impact on body mass index (BMI) and reaction time remains underexplored.

OBJECTIVE: To find out the correlation of the smartphone addiction level (SAS-SV) with body mass index and reaction time (Ruler drop test) in college going students.

METHODOLOGY: Ethical approval was obtained from IEC. Participants aged 18-25 years were recruited according to inclusion criteria. Smartphone addiction was assessed using the Smartphone Addiction Scale – Short Version (SAS-SV), while BMI was calculated using height and weight measurements. Reaction time was evaluated using a ruler drop test.

RESULT: Result of the study shows weak positive but significant correlation of smartphone addiction level with BMI ($r=0.320$) ($p<0.05$) and non-significant correlation of smartphone addiction level with reaction time ($r=-0.35$) ($p>0.05$)

CONCLUSION: Smartphone addiction could be the risk factor for BMI but not for reaction time in college going students.

HEALTH RELATED QUALITY OF LIFE AND MENTAL HEALTH IN WOMEN WITH URINARY INCONTINENCE

AUTHORS: Vishva Shah, Payal Gahlot, SBB College of Physiotherapy

BACKGROUND: Urinary incontinence (UI) significantly impacts women's health-related quality of life, affecting physical, psychological and social well-being. Despite its prevalence, UI is underreported and undertreated, leading to reduced functioning and distress.

NEED OF THE STUDY: Despite the global burden of UI, research on its mental health effects remains limited. Addressing this gap is essential for improving community-based rehabilitation and awareness. Understanding this relationship can help develop targeted interventions, enhance physiotherapy strategies, and guide health policies to improve the overall well-being of affected women.

OBJECTIVE: To assess prevalence of UI and its impact on mental health in women and identify key areas for therapeutic support.

METHODOLOGY: Study included 150 women aged 40 and above with UDI score of ≥ 1 . Those with CNS disorders, neurological conditions, and severe cognitive impairment were excluded. Data were collected via structured questionnaire using Urinary Distress Inventory (UDI), Incontinence Impact Questionnaire (IIQ), and Incontinence Quality of Life scale (IQOL).

RESULTS: UI prevalence was 73.33%. Analysis was done using SPSS v20 with mean score of UDI, IIQ, I-QOL (31.34 ± 25.27), (25.89 ± 23.80), (74.30 ± 21.10) respectively. Spearman's correlation analysis revealed strong positive correlation between UDI and IIQ ($r=0.947$, $p=0.000$), and strong negative correlation between UDI and IQOL ($r=-0.915$, $p=0.000$) and IIQ and IQOL ($r=-0.919$, $p=0.000$) which is statistically significant, indicating that higher urinary distress impacts quality of life.

CONCLUSION: UI significantly lowers quality of life, with greater distress leading to poorer well-being. Early intervention and comprehensive management are crucial to improving life quality in affected women.

A STUDY TO FIND OUT THE RELATIONSHIP BETWEEN QUALITY OF LIFE AND SYMPTOM SEVERITY IN SUBJECTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE – AN OBSERVATIONAL STUDY

AUTHORS: Jadeja Ruchitaba, Dave Yagnik, Marwadi University

BACKGROUND: Chronic Obstructive Pulmonary Disease (COPD) is a progressive respiratory disorder characterized by airflow limitation, chronic inflammation, and worsening symptoms such as breathlessness, cough, and sputum production. These symptoms significantly impact the quality of life (QoL) for individuals affected by the condition, making them crucial outcomes in COPD management.

NEED FOR STUDY: The relationship between symptom severity and quality of life in COPD patients is not fully understood, particularly regarding how specific symptoms correlate with quality-of-life measures. Gaining insight into these relationships could enable healthcare providers to better target interventions and improve patient outcomes.

OBJECTIVE: To investigate the relationship between quality of life, assessed by the St. George's Respiratory Questionnaire (SGRQ), and symptom severity, assessed by the Breathlessness, Cough, and Sputum Scale (BCSS), in subjects diagnosed with COPD.

METHODS: This observational study recruited 100 subjects with COPD from outpatient clinics. Quality of life was evaluated using the SGRQ, while symptom severity was measured with the BCSS. Spearman's correlation coefficient was used to examine the relationship between SGRQ scores and BCSS scores using SPSS software version 23.

RESULTS: The study found a significant positive correlation between SGRQ scores and BCSS scores, indicating that worse quality of life is associated with greater symptom severity. Additionally, multivariate analysis revealed that BCSS scores were a significant predictor of SGRQ scores.

CONCLUSION: This study demonstrates a strong positive correlation between quality of life and symptom severity in subjects with COPD. The severity of breathlessness, cough, and sputum production is significantly associated with poorer QoL in COPD patients.

EFFECT OF SMART PHONE ADDICTION ON HEAD POSTURE AND BALANCE IN ELDERLY INDIVIDUALS – AN OBSERVATIONAL STUDY

AUTHOR: Patel Zeel Pravinbhai, Shree Swaminarayan Physiotherapy College, Ahmedabad

INTRODUCTION: Nowadays, people are becoming more dependent on smartphones than ever. Elderly individuals are utilizing smartphones for different tasks like entertainment, social media, shopping etc on a daily basis.

NEED OF THE STUDY: Smartphone usage significantly impacts posture, particularly in the neck and trunk regions, leading to musculoskeletal discomfort and altered spinal kinematics and balance. But it is underexplored in elderly individuals.

AIMS AND OBJECTIVES: To find out the effect of smart phone addiction (SAS-SV scale) on head posture (sergy map app) with balance (Berg balance scale) in elderly individuals.

METHOD: Out of 60, 30 individuals having smart phone addiction were included in Group-A and other 30 not having addiction were included in Group B. Head posture is measured by CVA using sergy map app and Balance was assessed using berg balance scale.

RESULT: Significant difference was found in CVA and BBS score in group A than group B. ($p < 0.05$).

CONCLUSION: Smart phone addiction significantly affects head posture and balance in elderly individuals.

CORRELATION OF HAND GRIP STRENGTH AND SCAPULAR MUSCLE ENDURANCE IN BEAUTICIANS

AUTHOR: Pancholi Rinkal

BACKGROUND OF THE STUDY: Gripping Activity plays a central role in the daily tasks of beauticians from handling tools to applying pressure with precision. This study aims to determine the correlation of hand grip strength and scapular muscle endurance in beauticians.

NEED OF THE STUDY: Beauticians require common tasks, includes facial cleaning, facial massage, body hair removal etc. Beauticians has unusual, restricted posture, prolong use of hand & upper limb. These repetitive movements can cause impaired physical endurance in hand or scapular muscle, upper limb dysfunction are more prone to developing work related musculoskeletal disorder. This Occupational hazards affects job performance & quality of life. So Paucity of number of articles are available which correlate hand grip strength and scapular muscle endurance in beauticians. so arises the need of the study.

OBJECTIVES OF THE STUDY: To correlate the hand grip strength and scapular muscle endurance by using hydraulic hand dynamo-meter and scapular muscle endurance test in beauticians.

METHODOLOGY: In this study after taking consent form, 30 samples were collected according to inclusion & exclusion criteria. The test was explained to them. Hand grip strength was assessed by hand dynamo meter & scapular muscle endurance was assessed using scapular muscle endurance test.

RESULT: Data was analysis by using SPSS version 20.0. There was positive correlation between scapular muscle endurance and Hand grip strength on both sides $r=0.527$, ($p<0.001$) & $r=0.525$ ($p<0.001$), for non dominant & dominant hand.

CONCLUSION: This study concludes that scapular muscle endurance was increased and hand grip strength is improved.

EFFECT OF SENOBI BREATHING EXERCISE ON PEAK EXPIRATORY FLOW RATE IN OLDER ADULT INDIVIDUALS

AUTHORS: Poojan Upadhyay, Dr. Parita Dave

BACKGROUND: Geriatric rehabilitation is with the purpose of restoring functional capability in older individuals. They may experience respiratory changes with the age.

AIM: To study the effect of senobi breathing exercise on lung volumes in older adult individuals.

OBJECTIVE: To evaluate effect of Senobi breathing exercise on Peak Expiratory flow rate in older adult individuals.

METHODOLOGY: An interventional study was conducted with 61 individuals aged 60–69 years recruited according to inclusion and exclusion criteria. Study was conducted in outpatient physiotherapy departments in Ahmedabad. Breathing exercise sessions were conducted for 4 weeks following the senobi breathing Exercise protocol. The study included initial measurement of Peak Expiratory Flow Rate (PEFR) with peak flow meter instrument before starting the exercise protocol, and PEFR measurements were measured after completion of the exercise protocol.

RESULTS: Mean Age = 64.48 ± 2.91 , Mean PRE-PEFR = 2.475 ± 114.11 , Mean POST-PEFR = 2.991 ± 121.45 and Wilcoxon signed ranks Test Z value 30.6. There was statistically significant change between pre-peak expiratory flow rate and post peak expiratory flow rate with a p value <0.005 .

CONCLUSION: Senobi Breathing exercise was effective to improve Peak Expiratory flow rate in older adult individuals.

IMPACT OF PRE-OPERATIVE PELVIC FLOOR MUSCLE EXERCISE ON POST-PROSTATECTOMY URINARY INCONTINENCE – A NARRATIVE REVIEW

AUTHORS: Dr. Nishita Parekh, Dr. Bharat Tiwari, IKDRC College of Physiotherapy

INTRODUCTION: Urinary incontinence (UI) is a common and distressing complication following prostatectomy. Pre-operative pelvic floor muscle exercises (PFME) have been proposed as a strategy to improve postoperative continence. This review investigates the effectiveness of pre-operative PFME in reducing UI after prostatectomy procedures.

OBJECTIVE: This review aims to evaluate the effectiveness of PFME in reducing urinary incontinence following prostatectomy procedures.

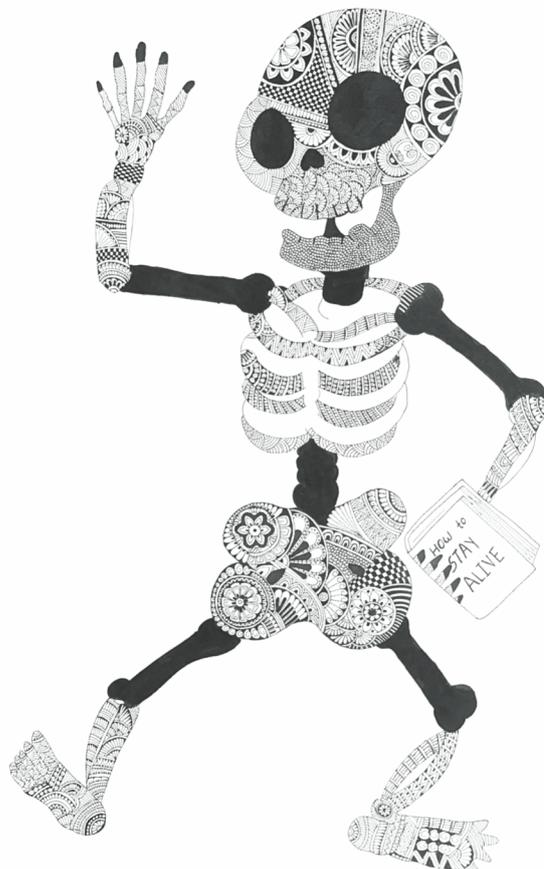
NEED OF THE STUDY: By examining the existing literature, this review can highlight areas where further research is needed. This can help guide future studies and improve our understanding and clinical decision-making regarding pre-operative PFME.

METHODS: We searched Google Scholar, PubMed, ScienceDirect, and ProQuest for randomized controlled trials (RCTs) that evaluated the effect of pre-operative PFME on urinary incontinence in post-prostatectomy patients. Our initial search yielded 511 articles. After screening the articles based on the inclusion criteria: 1) Randomized controlled trials; 2) Published in English; 3) Published from 2010 onwards; and 4) Full text freely available, six RCTs were selected for the study. After study selection, the risk of bias was assessed independently by the reviewer.

RESULTS: The reviewed studies suggested that pre-operative PFME significantly improved the time to achieve continence, leakage volume, and quality of life compared to sham training, post-operative PFME training only, and surgeon-taught exercises. This finding remained consistent across the majority of studies, with a few exceptions.

CONCLUSION: Although the limited number of studies available for this review restricts the generalizability of our findings, the existing literature suggests that incorporating pre-operative PFME improves outcomes related to urinary incontinence and quality of life in post-prostatectomy patients.

KEY WORDS: Pre-operative Pelvic Floor Muscle Exercise, Prostatectomy, Urinary Incontinence, Quality of Life.



A STUDY TO FIND OUT THE CORRELATION BETWEEN THE PITTSBURGH SLEEP QUALITY INDEX AND SLEEP QUALITY SCALE IN PREGNANCY DURING SECOND TRIMESTER – AN OBSERVATIONAL STUDY

AUTHORS: Dr. Shweta Mandalia, Dr. Yagnik Dave, Marwadi University, Rajkot

BACKGROUND: Pregnancy is the term used to describe the period in which a fetus develops inside a woman's womb or uterus. Pregnancy usually lasts about 40 weeks, or just over 9 months, as measured from the last menstrual period to delivery. Health care providers refer to three segments of pregnancy, called trimesters. The second trimester is week 13 through week 28 of pregnancy.

Sleep Changes During the Second Trimester

Changes in sleep behavior during the second trimester can vary from person to person. For many, their sleep quality worsens and the amount of time they spend sleeping decreases during the second trimester.

Several potential sleep changes can occur during the second trimester.

- Development of sleep disorders : sleep disorder can arise in any trimester. As people advance into their second and third trimesters, the likelihood of developing sleep apnea, insomnia, and restless legs syndrome (RLS) increases.
- Night time awakenings: Waking up at night is a common problem during pregnancy. Needing to urinate at night, nausea, vomiting, body pain, and other discomforts can all disrupt sleep.
- Anatomical, physiological, psychological and hormonal alterations affect sleep during pregnancy.(4)
- The reduction of sleep duration and efficiency are not univocal, poor sleep is reported by over half of pregnant women.
- Sleep disorders manifest commonly during pregnancy , with sleep disordered breathing (SDB) being a critical concern.
- These disorders , include conditions ranging from snoring to obstructive sleep apnea (OSA), become more prevalent due to the physiological changes that occur during this period, such as hormonal fluctuations, weight gain, and anatomical changes in upper airway.(3)
- It has been estimated that habitual snoring affects between 10% and 27% of pregnant women in second trimester, as well as prevalence of obstructive sleep apnea OSA.

AIM OF STUDY: To find out the impact of Pittsburgh Sleep Quality and SleepQuality scale in pregnancy during second trimester.

OBJECTIVE OF STUDY:

- To assess the sleep quality during second trimester on pregnancy.
- To examine the correlation between scores of the Pittsburgh Sleep Quality and Sleep Quality scale in pregnancy during second trimester.

METHOD:

- Thirty subject second trimester pregnant women were recruited for the study.
- Written consent will be taken.
- Study population will be explained about the study and procedure to be conducted.
- Pittsburgh Sleep Quality and Sleep Quality scale in pregnancy.

OUTCOME MEASURES:

- Pittsburgh Sleep Quality
- Sleep Quality scale

RESULT: Data collection is ongoing and after that we will do statistical analysis

EFFECT OF PULMONARY REHABILITATION ON DYSPNEA, OXYGEN SATURATION, INSPIRATORY CAPACITY AND RADIOLOGICAL FINDINGS IN A POST RENAL TRANSPLANT PATIENT SUFFERING FROM HOSPITAL ACQUIRED PNEUMONIA – A CASE REPORT

AUTHORS: Stuti Mehta, Mansi Patel, Bharat Tiwari, IKDRC-ITS College of Physiotherapy, Ahmedabad

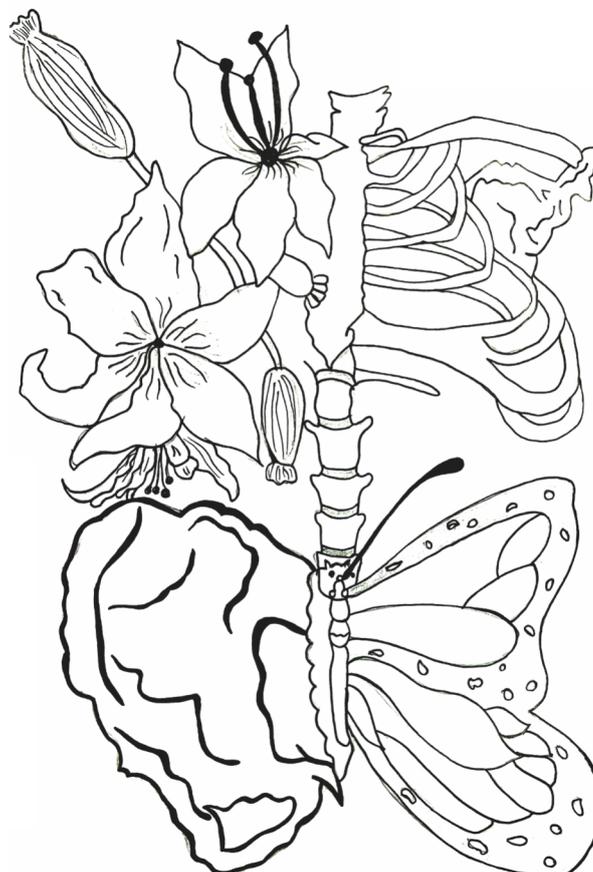
BACKGROUND: Immunosuppressive therapy after Renal Transplant surgery increases the risk of hospital-acquired infections, including pneumonia. Hospital-acquired pneumonia (HAP) due to *Aspergillus* is serious complication requiring early recognition and aggressive treatment. This case report discusses the clinical presentation, physiotherapy interventions, and outcomes of a patient who developed pneumonia following renal transplantation surgery. A 29 year old male patient underwent live renal transplantation surgery. The surgery was uneventful, and patient was started on triple immunosuppressive therapy. On postoperative day 7, the patient developed fever, productive cough, dyspnea, and was not maintaining saturation, his Chest X-Ray shows Patchy consolidation in the right lower lobe and blood serum culture shows positive for *Aspergillus*.

OBJECTIVE: To evaluate the effect of pulmonary rehabilitation on dyspnea, oxygen saturation, inspiratory capacity and radiological findings in post renal transplant patient suffering from hospital acquired pneumonia.

METHOD: A structured physiotherapy program was implemented such as nebulization, positioning, Mechanical vibration and percussion, Active Cycle of Breathing Techniques (ACBT), expansion exercise, resisted diaphragmatic breathing exercise, Incentive spirometry, limb movement and ambulation.

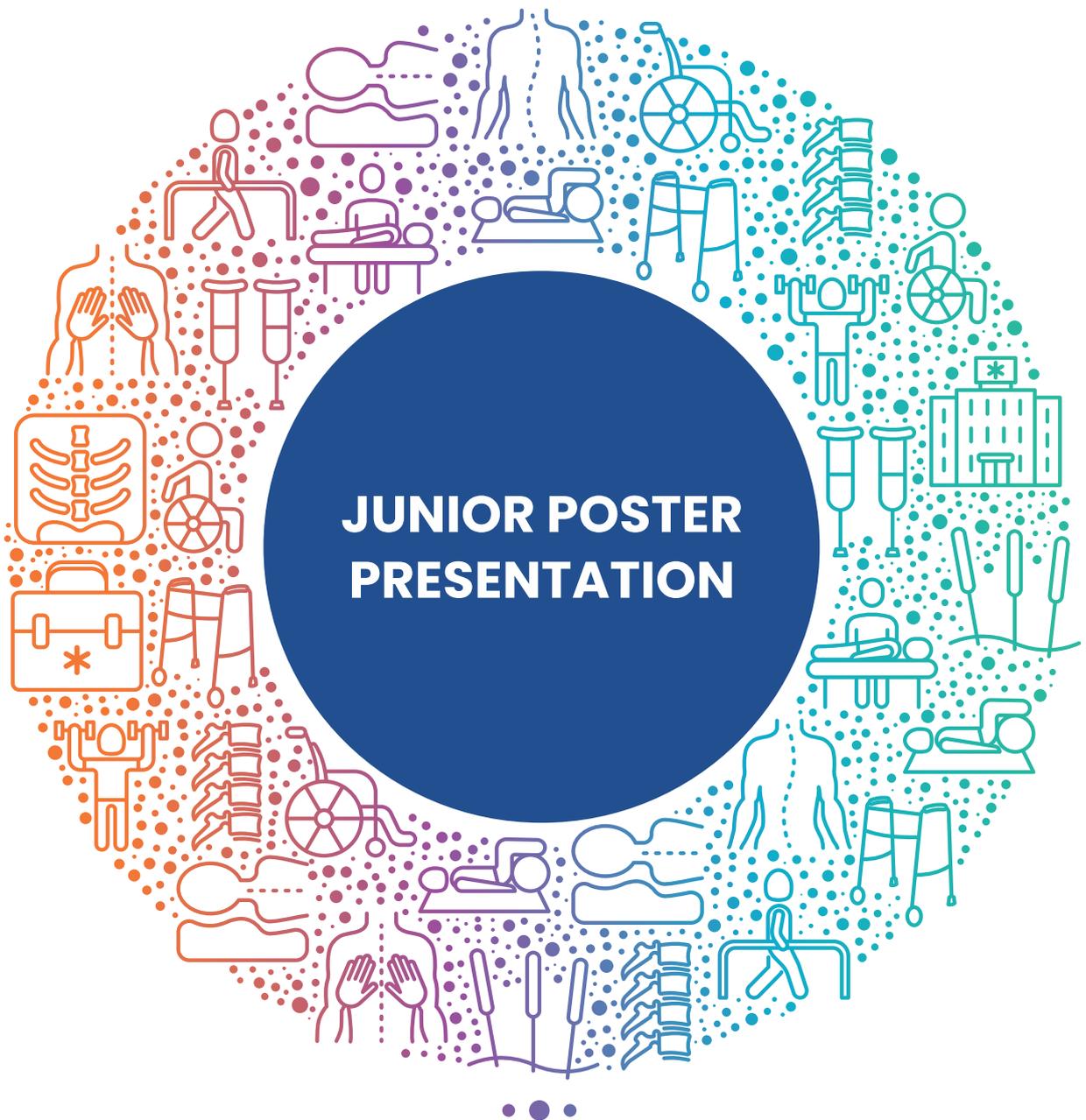
RESULT: After 2 week of physiotherapy session patient's SpO₂ has improved from 78% to 100% on RA, mMRC grade 4 to 1, Inspiratory Capacity on Spirometer has increased from 600cc/sec to 1200cc/sec. Chest X-Ray shows clear lung field.

CONCLUSION: This case emphasizes the importance of early recognition, targeted drug therapy, and physiotherapy in managing hospital acquired pneumonia in post-renal transplant patients. A multidisciplinary approach, including infectious disease specialists, nephrologists, pulmonologists, and physiotherapists, is essential for patient outcomes.

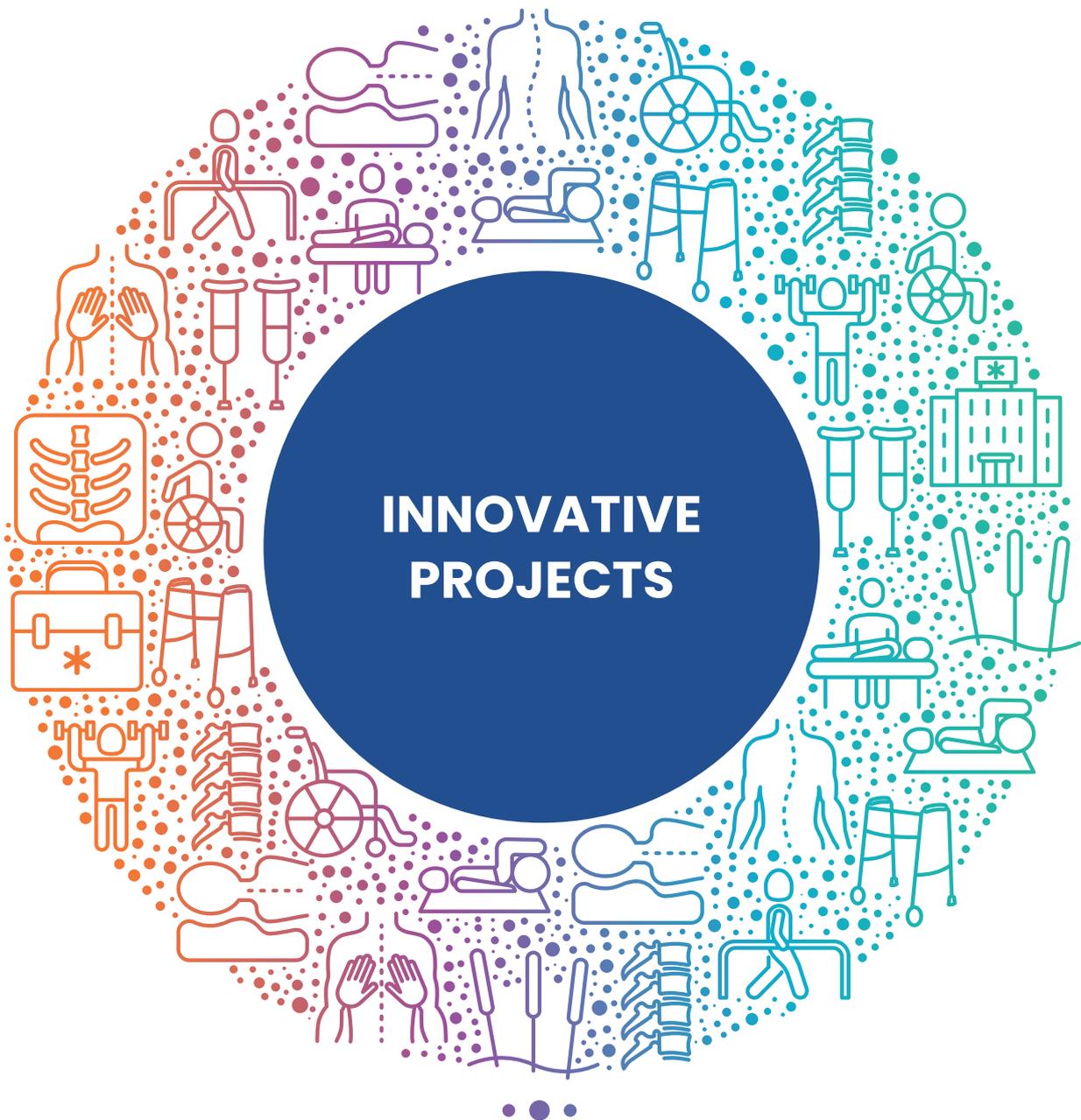




NO.	AUTHOR NAME	TITLE OF THE STUDY
1	DR. VAIBHAVI J. PARMAR	EFFECTIVENESS OF TASK-ORIENTED TRAINING IN IMPROVING BALANCE AND GROSS MOTOR FUNCTION IN CHILDREN WITH CEREBRAL PALSY
2	DR. JEEL DOBARIYA	KNOWLEDGE, ATTITUDE AND PRACTICES OF SOLEUS MUSCLE PUSH-UPS FOR PRE-DIABETES RISK MANAGEMENT AMONG YOUNG ADULTS: AN OBSERVATIONAL STUDY
3	DR. ANISHA PATEL	EFFECT OF SHORT DURATION LEVEL WALKING ON BLOOD PRESSURE IN NORMAL WEIGHT VS UNDER WEIGHT CHILDREN : AN OBSERVATIONAL STUDY
4	VIRADIYA MITALI CHIMANBHAI	PREVALENCE OF SMARTPHONE ADDICTION AMONG ADOLESCENTS IN AHMEDABAD CITY
5	DR. UNIS NADAR	EMERGING INNOVATIONS IN PHYSIOTHERAPY: A NARRATIVE REVIEW ON ADVANCING PATIENT CARE AND REHABILITATION
6	GADHVI DHRUVI JASHVANTKUMAR	ASSESSING THE ROLE OF CHEST PHYSIOTHERAPY IN TREATING MECHANICALLY VENTILATED NEONATES WITH RESPIRATORY DISTRESS SYNDROME: A NARRATIVE REVIEW
7	DR. NENSI VAIBHAV GANDHI	EFFECT OF NONELASTIC PATELLAR TAPING ON STATIC AND DYNAMIC BALANCE IN INDIVIDUALS WITH CHRONIC STROKE: AN EXPERIMENTAL STUDY
8	DISHA BHIKHALAL KAMANI	EXPLORING STUDENTS' PERCEPTION OF STUDENT-LED PHYSIOTHERAPY CLINICS: A CROSS-SECTIONAL SURVEY
9	PARMAR VIDHI KIRITBHAI	EFFECTIVENESS OF KINEMATIC CHAIN EXERCISE VERSUS THERABAND EXERCISE ON PAIN AND FUNCTION AMONG YOUNG ADULTS WITH FLEXIBLE FLAT FOOT
10	DR. MAUSAM SHAH(P.T)	CORRELATION BETWEEN SCREEN TIME, SCREEN POSITION AND PAIN SEVERITY AMONG PHYSIOTHERAPY STUDENTS WITH TRAPEZITIS ACROSS AHMEDABAD CITY
11	BHATT DHRUTI ASHISH	A STUDY TO OBSERVE LIFESTYLE MODIFICATIONS IN HYPERTENSIVE POPULATION BY USING SC-HI SCALE
12	PARTH VANIYA	INTEGRATING EARLY MOBILIZATION AND CHEST PHYSIOTHERAPY IN POSTPARTUM HEMORRHAGE (PPH) INDUCED ACUTE KIDNEY INJURY (AKI) WITH COMORBIDITY: A CASE REPORT
13	DR. DINKEY MANKAD	EFFECTIVENESS OF SHORT TERM PULMONARY REHABILITATION IN A PATIENT WITH RHEUMATOID ARTHRITIS - ASSOCIATED INTERSTITIAL LUNG DISEASE - A CASE REPORT



NO.	AUTHOR NAME	TITLE OF THE STUDY
1	JILL PIYUSHBHAI PRAJAPATI	AN INTERPLAY BETWEEN MIND & BODY: INFLUENCE OF PSYCHOSOCIAL FACTORS ON AMPUTEE REHABILITATION- A REVIEW STUDY
2	SHIVANI THAKKAR	WEARABLE TECHNOLOGY IN PHYSIOTHERAPY: A GAME CHANGER FOR REHABILITATION
3	VRUSHTI N. JANI	EFFECTS OF K-TAPING IN SPORTS INJURIES
4	HEMANGI SOLANKI	A CROSS-SECTIONAL STUDY TO ASSESS THE FUNCTIONAL STATUS OF POLICEMAN FOOT
5	DR. RIYA RATHORE	EFFECTIVENESS OF OPEN KINETIC CHAIN EXERCISES VERSUS CLOSED KINETIC CHAIN EXERCISES IN INDIVIDUALS WITH EXTENSION LAG POST-TOTAL KNEE REPLACEMENT
6	RATHOD DIVYA	MOVEMENT IS THE ESSENCE OF LIFE- GAIT
7	MAHI ALPESHBHAI PARMAR	EXTRACORPOREAL SHOCKWAVE THERAPY
8	HEMANSHI DHANANI	PREVALENCE AND CORRELATION OF BMI & DYSMENORRHEA IN YOUNG ADULTS: A SURVEY STUDY
9	JIYA RAICHURA	EFFECTIVENESS OF IASTM ON TENNIS ELBOW
10	JEEL MEHTA	EFFECTIVENESS OF PHYSICAL THERAPY TREATMENT IN HIRAYAMA DISEASE(HD)
11	MAITRI MODI	EFFECTS OF EMG BIOFEEDBACK IN INDIVIDUAL WITH PELVIC FLOOR MUSCLE WEAKNESS
12	PARMAR HEERAL BAHEN RUPSINH	THE EFFECT OF NON-PHARMACOLOGICAL INTERVENTION FOR RESTLESS LEGS SYNDROME IN HEMODIALYSIS PATIENTS- A SYSTEMATIC REVIEW OF RCT
13	KARTIK PRAJAPATI	MUSIC MEETS MOTION ENHANCING GATE RECOVERY WITH RHYTHMIC AUDITORY STIMULATION

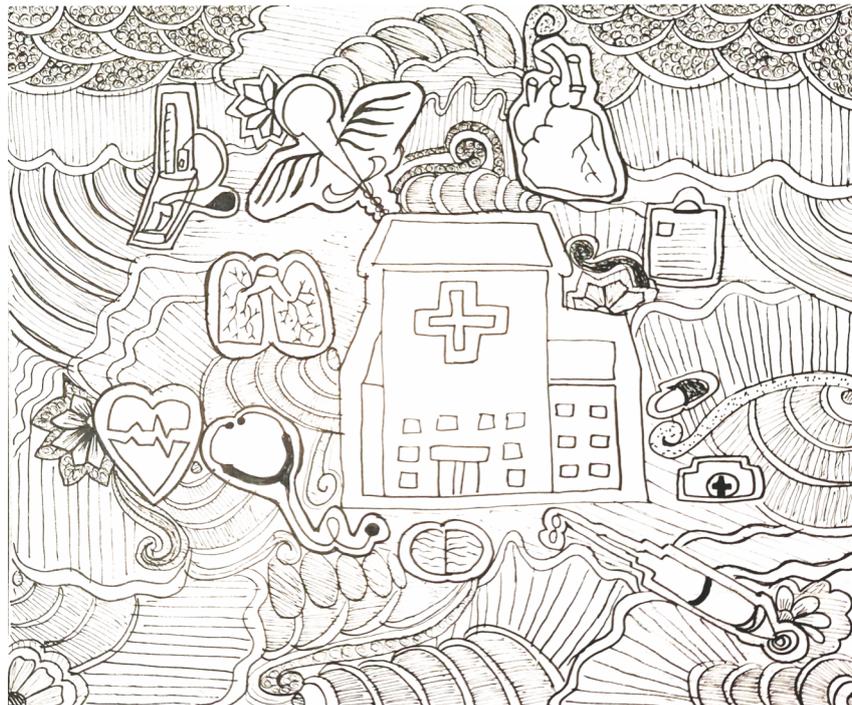
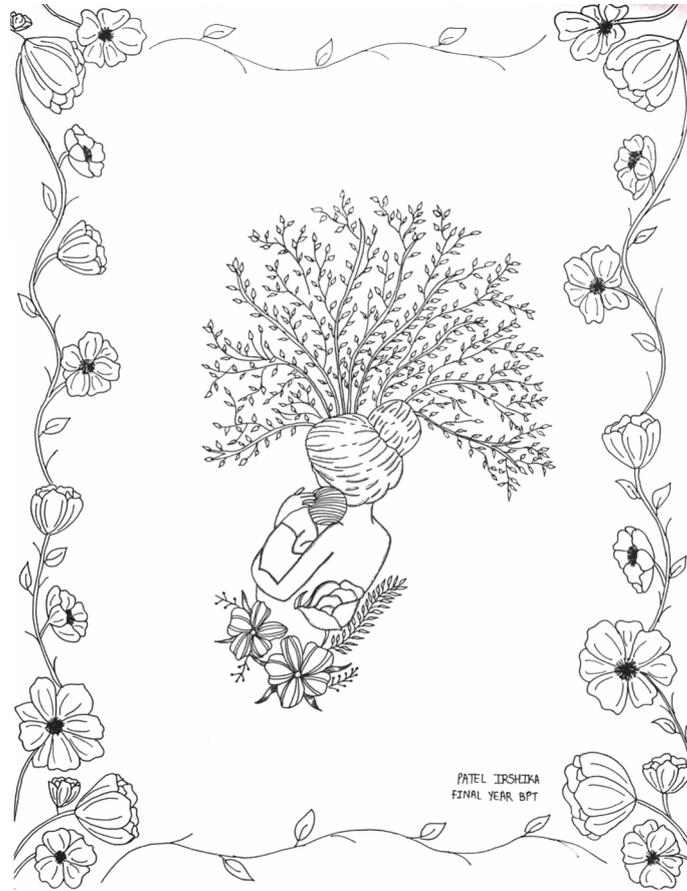


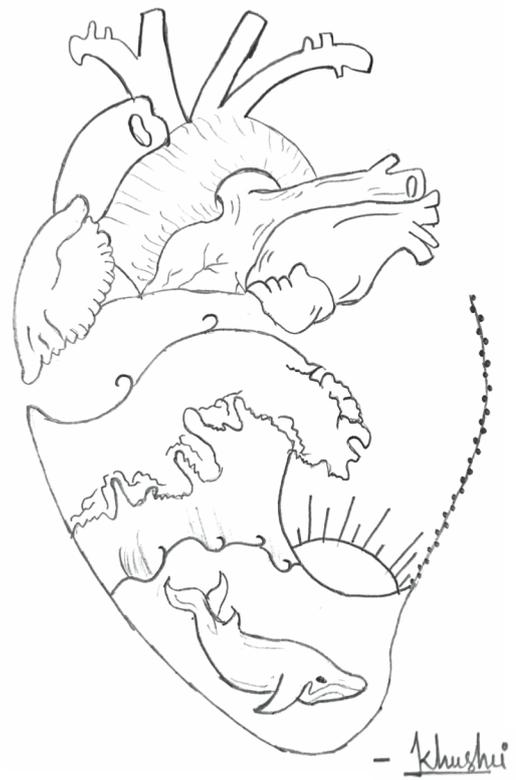
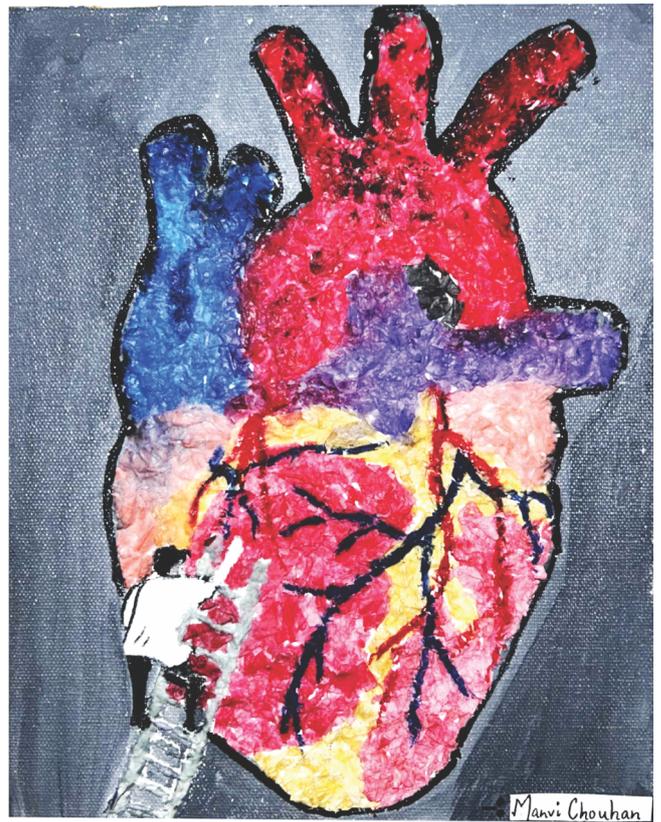
NO.	AUTHOR NAME	TITLE OF THE STUDY
01	DR. ANNIE THACKER	VALIDITY AND RELIABILITY OF KNOWLEDGE, ATTITUDE AND PRACTICE QUESTIONNAIRE OF PHYSICAL ACTIVITY IN KIDNEY TRANSPLANT RECIPIENTS
02	BATLIWALA AYESHA ASHRAF	A BETTER UNDERSTANDING OF CONCAVE-CONVEX RULE
03	SAKSHI DIPAKBHAI PRAJAPATI	PAIN-GATE THEORY & ELECTRICAL MODALITIES
04	RASHIDA KACHWALA	NA



ARTISTIC ENDEAVORS BY OUR STUDENTS

Physio
Zenith 2025
5th | 6th | 7th MARCH





“

आफताब की सदा

रोज ही जिंदगी के ये सहारा में जलता हूं मैं
जलके ये राख को फिरसे खुद पे ही मलता हूं मैं

देख कर खुदका चेहरा खफा हूं मैं खुद से भी अब
आपको देखके अपना चेहरा बदलता हूं मैं

देखकर मुझको सब ये बजारों में खुश होते हैं
जा-ब-जा झूठी हंसी पहनके निकलता हूं मैं

सख्त रहता हूं मैं जैसे कुफ़ला कोई लोहे का
आपकी आंखों में मॉम सा बन पिघलता हूं मैं

आपकी रौशनी से है ये रातें रोशन मेरी
आपको रौशनी देने हर शाम ढलता हूं मैं

— अजीर (Dev Mehta)

”

પાનખર મા પાન ખરી પડે,
જીવન માં ક્યારેક દુખ પર આવી પડે,

હસ્તા એનો સામનો કરીયે તો,
મુકેલી પણ ડરી કરશે,

ચાલ મન થૂંકી તો કિંમત કર,
હજી આખી દરીયો પીયો છે લાંગ્યા

અને નું મબંદરીયે ઘડી ગયો
માન મારી વાત સફળતા ખુબ સુંદર છે

દુર થી જ સૌને નીહારવા કરતા
એને હિમત થી પામી લયે,

— YAJURVI AKHANI
FINAL YEAR BPT

एतझार

ढलता हुवा सूरज
ये खीलती हुवी शाम

ये हवाये लेती मूजे ऐहसास
कोन जाने कहा हे ये मेरी मेहनत का परीणाम

पता नहीं ये लोग क्या समझे मुजे हर बार
पर मेरा मन चाहे की में करू और जोरी से नयी शुरुआत

देखना है उस बार नसीब के खेल को
कब तक करवायेगा मुझे एतझार

— YAJURVI AKHANI
FINAL YEAT BPT



COURSES OFFERED AT GANDHINAGAR CAMPUS

UNDER GRADUATE COURSES

B.Sc. Chemistry	9327364116 9327389438
B.Sc. Microbiology	9429610270
B.Sc Physics	9428240117 9426381640
B.Sc Mathematics	9428256467
B.Sc Computer Science	9409036889
B.C.A (Sector 23)	7096308000 7096309000
B.C.A (Sector 15)	9409036889
B.B.A	079-23245735 7863069394
B.Com	9054551879 079-23248127
Bachelor of Engineering	7863085614
Bachelor of Pharmacy	7863066872 9408216905
B.Sc Nursing	079-23246560 8401975155
Post basic Nursing	079-23246560 9723985977
Bachelor of Physiotherapy	9428352218 9978539739
Pharm.D/Pharm.D(PB)	7096296245 9408216905
B.Ed	6351359229 7984680601
PGDJMC(Journalism)	8401863229

POST GRADUATE COURSES

M.Sc Chemistry	9327364116 9327389438
M.Sc Microbiology	9898174846 9313933904
M.Sc Biotechnology	9898174846 9313933904
M.Sc Physics	9428240117 9426381640
M.Sc Mathematics	9428256467
M.Sc IT	9409036889
M.B.A	9998873083 9824089970
M.C.A	9924051632 9157682227
M.Com	9054551879 079-23248127
M.S.W	7043950999
Master of Engineering	7863085614
Master of Pharmacy	9913343734 9408216905
M.Sc Nursing	079-23246560 9723985977
Master of Physiotherapy	9978539739 9313106471

COURSES OFFERED AT KADI CAMPUS

UNDER GRADUATE COURSES

B.Sc Chemistry	9724434531
B.Sc Microbiology	9712128503
B.C.A	9429459700
B.B.A	8490801001
B.Com	9712001678
Bachelor of Engineering	02764-297815 9998612764 9228455528
B.Ed	02764-299295 9408064555 9898340340
MBA Integrated	9723674401

POST GRADUATE COURSES

M.Sc Chemistry	9913020017
M.Sc Microbiology	9712128503
M.B.A	9925782600
M.C.A	9428362637
M.Com	9824349878

