

5th International Conference on

PHYSIOTHERAPY

November 27-29, 2017 Dubai, UAE

Metabolic reason for bone and joint pain: A clinical and radiology differential diagnosis perspective for physiotherapists

Harish S Krishna

Malabar Medical College, India

The first line physiotherapy diagnosis is to identify/rule out reasons/conditions which mimics bone and joint pain (global differential diagnosis), e.g., hematological, oncology, metabolic, immunological, etc. once ruled out the next level of diagnosis is to identify the pain producing anatomical structures (anatomical differential diagnosis), then search for the possible causes for its dysfunction. Among the vast spectrum of global differential diagnosing conditions, metabolic reasons are common to be seen, confusing to identify. The clinical part of the talk covers the clinical tips which helps in diagnosing metabolic bone/joint pain by understanding in depth of its nature, type behavior, etc. and its comparison with mechanical pain. The radiology part will be dealing with spine and extremity changes as seen in X-ray and MRI in cold orthopedic conditions as well post-operative ones which as a physiotherapist have to look out for a safe and quality treatment. The end-note of the talk consists of the recent evidence based physiotherapy management for metabolic pain.

Biography

Harish S Krishna has completed Bachelor of Physiotherapy, Masters in Musculoskeletal and Sports Physiotherapy. Currently, he is pursuing PhD in the area of osteopathic manual therapy in chronic lung diseases. He has 13 research papers and his main field of interest in research is podiatry. He has designed a couple of exercising machines for the correction of foot abnormalities and is in the process of achieving patency. He is the Chairperson of ethical committee for NITTE institute of physical therapy under NITTE University, Review committee member for *Indian Journal of Physical Therapy*. He is the chief instructor of SHARP INSIGHT-a research center in Mangalore formed by physiotherapists, Orthopedicians, Radiologists, Mechanical and Electrical engineers. He is a consultant on ergonomics, corrective exercises to various MNCs.

harishclipse@yahoo.

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