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The occurrence Of Osteoarthritis among the cases presented at Habib Physiotherapy complex Peshawar

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Background & Aim: Physiotherapy is multi-dimensional and can treat a vast variety of conditions, ranging from musculoskeletal aches, arthritis, joints problems, paraplegia, hemiplegic, sports injuries and frozen shoulder, etc. apart from culture competency and core medical knowledge a physiotherapist must competent enough in all a physiotherapist medical condition where physical therapy play vital role, this study aims to identify the frequency of common clinical condition among client presented at Habib Physiotherapy Complex (HPC), Hayatabad in 2010.

Methodology: This was descriptive study; the data were retrieved from record register of HPC (Indoor and Outdoor patients) recording their presenting complains and known diagnoses. Data was collected on structure grid. Data was analyzed using SPSS version 15 and presented in term of frequency and percentages.

Result: Majority of clients, 1280 (29%) were suffering from low back pain, the second common condition, 891 (20%) was osteoarthritis of knee joint and cerebrovascular accidents 824 (18.4%), while cervical pain account 734 (16.4%). Rest of clinical conditions included frozen shoulder, pelvic inflammation, cerebral palsy, polio affected and paraplegia.

Conclusion: The study reveals the occurrence of osteoarthritis (low back, cervical pain and knee joints pain) were the most common condition which deteriorated the performance of common individuals in our society.

Biography

Mahboob ur Rahman is the Founder and Chairman of Habib Physiotherapy Complex, graduated in Physiotherapy from Karachi University, Pakistan. He is also the Founder of Mahboob School of Physiotherapy and was awarded with recommendation by Government of Pakistan by Quaid-e-Azam Gold Medal and King Abdullah Gold Medal. He has also been Member of Pakistan Bait ul Mal Khyber Pakhtunkhawa Province. Currently, he is also elected as the Chairman, Board of Directors and Pakistan Physiotherapy Association. His book Chest Physio for the War Wounded has been published by National Book Foundation, Islamabad.

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