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Physical therapist wellbeing is improved by following ergonomically right posture and rightly designed set up

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Wellbeing is state of being comfortable, healthy and happy. Apparently, it is imperative for physical therapist to be fit and healthy to influence the wellbeing of the people around and the patients. Undoubtedly, the posture and fitness of Physical therapist is at the cost of providing best treatment to the patients. So, the topic directly relates to how physiotherapists take care of themselves as well as their patients wellbeing. Some interesting facts and practical advices would be solely described that would be of great value to all physiotherapists. This talk emphasis mainly on all dimensional wellbeing of the physiotherapists to connect with the importance of delivering the best by being best.

Biography

Monika Naresh has her expertise in evaluation and passion in improving health and wellbeing. she has completed her Bachelors' of Physiotherapy from Amarjyoti Institute of Physiotherapy. Since 2013, she is working as independent physical therapist. She has also achieved certificates in Kineso Taping, Pilates, Dryneedling, bobath technique and many more. she has also served as Assistant Head of Department at Roshan Hospital and currently is an owner at NewWorld Physiotherapy and Rehab Centre.

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